

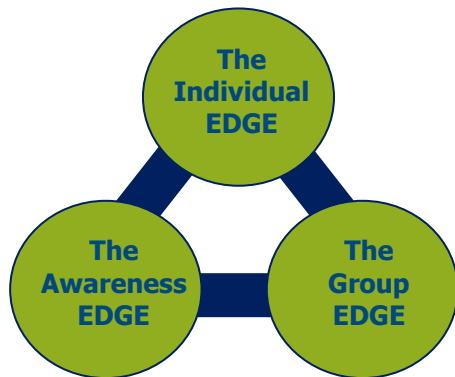
Employer's Edge®
Employee Wellness Program
 Comprehensive Onsite Corporate and Employee
 Wellness Company

Give Your Company the
EDGE

“Enhancing Wellness One Step at a Time.”

Employer's Edge takes “a multi-faceted approach to employee wellness”. Employer's Edge works diligently to provide unique program designs that target the needs and interests of any organization.

There are three components to a successful, evidence-based wellness program.



Are you looking for the EDGE? There is no better advantage than a healthy and happy workforce.

First: The Business Case

If you answer YES to any of the following, you could benefit from the **EDGE**.

- Are you experiencing rising health premiums?
- Are you having trouble retaining your top employees and attracting others?
- Would your company benefit from improved morale and job satisfaction?
- Is absenteeism becoming a concern?
- Are the health risks of your employees increasing?
- Is your workforce aging?

Second: The Solution

- Employee wellness can help stabilize your premiums through needs-targeted initiatives.
- An employee wellness program is highly valued by top employees.
- Healthier, more confident employees are more productive and satisfied with their jobs.
- Employee wellness helps lower absenteeism.
- A targeted wellness program will reduce the health risks of your employees.

Components of the Employer's Edge Comprehensive Onsite Wellness Program

Features	Benefits/Objectives
On-site Program Launch	<ul style="list-style-type: none"> • To introduce all details pertaining to the on-site wellness program to all employees.
Personal Wellness Profile	<ul style="list-style-type: none"> • To gather baseline health assessment information to better target the organization's needs and interests for further effectiveness of program design.
One-on-One Consultations	<ul style="list-style-type: none"> • To help individuals with changing or modifying various lifestyle behaviors. Personalized plans are developed with the health coaches and wellness consultants on an on-going basis.
Group Exercise Classes	<ul style="list-style-type: none"> • To encourage activity during the workday for improved morale, productivity, and energy.
Lunch n' Learns	<ul style="list-style-type: none"> • To implement group seminars based around topics of interest.
Workshops (4-8 weeks)	<ul style="list-style-type: none"> • To promote awareness about various wellness topics on consecutive weeks supporting accountability and behaviour-change.
Awareness Material	<ul style="list-style-type: none"> • To encourage positive lifestyle changes through written materials and visuals.
Awareness Kiosks	<ul style="list-style-type: none"> • To promote healthy behaviors through visual and interactive aids.
Awareness Campaigns	<ul style="list-style-type: none"> • To create awareness around healthy lifestyle behaviours. Some are incentive-based.
On-line Resource Centre	<ul style="list-style-type: none"> • To encourage information gathering on many health topics for the whole family.