

Program Descriptions

Our Wellness program is available as a yearlong wellness solution or you can choose any individual program. Each program can be the specified time or can be modified to a one hour session. For example, you may already have a wellness effort at your worksite but you'd like your employees to participate in the walking program called Walk across a state. You can purchase just the Walk across a state program and have the 4-6 week program or an abbreviated version which is only one hour in length. You can do the same with any of the programs.

Every individual program includes the following assistance from our on-staff physician:

- Program marketing and communication
- Formation of an internal Wellness committee
- Online program center for every participant
- Behavior change strategies
- Participation incentives
- Kick-off presentation or webinar for all employees
- Program outcomes and participation report
- Resources to fit your unique needs

List of Programs

Walk across a state (or two or three)!

This program is designed to encourage enjoyable physical activity by yourself, with your friends or family, or with your pet.

What you get: You will receive a pedometer and weekly regular educational and motivational messages during the program as you participate in your favorite form of movement.

What you do: This program is designed to encourage physical activity by inspiring peer support and by creating a little friendly competition. First, you listen to a presentation on the evidence based guidelines for exercise and chose a state for your group to "walk across". Then you strap on your pedometer and try to take more steps every day. When you get to certain points in a state, enjoy a treat specialty from that state!



Dr. Mudge-Riley will help you choose someone to keep track of "steps" or miles and help you develop teams –either at different locations or within different departments. You can earn points by being physically active at least 30 minutes 5 days a week, 2 strength training days and one day of rest. If you complete all 3, you can earn double points! Once a week, you simply log your time spent in physical activity. You will be amazed how quickly your team will "walk across a state". You may have to choose 3 or 4 states to walk across during the duration of the program.

Who is this for?: All employees

How long does this program last?: 4-6 weeks (your preference)

How to talk to your doctor

This program will help your employees understand how to avoid many mistakes patients make when visiting their doctor and utilizing the health care system.

What you get: You get two one hour sessions with Dr. Mudge-Riley and a laminated "cheat sheet" detailing tips for getting the most out of your visit and utilizing your healthcare resources most appropriately



What you do: During the first session you will listen to a presentation by Dr. Mudge-Riley and read your "cheat sheet". During the second session, you will bring questions and examples to the group for discussion.

Who is this for?: All employees

How long does this program last?: The two sessions can be scheduled at your convenience

How to find low-cost and free resources

Have you been discouraged from offering a wellness program because you think they are too expensive? That you don't have any resources to offer or to draw from? You may have access to more than you think.

What you get: You get two one hour sessions with Dr. Mudge-Riley who will help you identify the carrier resources you currently should be using (often FREE to you) and other local or low-cost resources that fit your unique needs.



What you do: During the first session, you will discuss your current resources and needs with Dr. Mudge-Riley. She will help you identify what you have. During the second session, she will deliver a final report to you and go over the resources she researches to fit your needs.

Who is this for?: HR professionals and any internal wellness coordinator(s)

How long does this program last?: The two sessions can be scheduled at your convenience and on an individual basis.

Fast Food Survival

This program will help your employees identify healthy choices at fast food restaurants. This is not your typical "nutritional information at a fast food restaurant" session!



What you get: You get free handouts from your favorite restaurants and the common fast food joints with identification of healthy and unhealthy choices. The book will turn you into a nutrition expert whenever you walk into a fast food restaurant.

What you do: During the first week, you read over the handouts. Dr. Mudge-Riley will ask you a few questions about them.

During the second week, you get to take the handouts to lunch and use them to help you make a healthy food choice. During the third week, you get the chance to "be the guide." We will give you some food descriptions with nutrition information. Using this information, you get to decide whether that food is healthy, not healthy or somewhere in between. During the fourth week, you get the chance to take someone else to lunch and teach them.

Who is this for?: All employees

How long does this program last?: The Fast Food Survival program lasts 4 weeks

Eating Healthy on a Budget

This program is designed to enable participants to choose and prepare healthy foods when they are on a budget.



What you get: You receive weekly information. First week will be on reading and interpreting nutrition labels and nutrition claims. Second week you receive a laminated "cheat sheet" on how to save money and eat healthy. Third week and fourth week will be making over your employee's favorite recipes so they taste the same but are healthier. Fifth and Sixth week will bring it all together as employees learn how to pack a healthy lunch and healthy snacks.

What you do: After the first week, you take an inventory of your own home. You also learn shopping secrets that help you know what to buy and how to save money doing it. Finally, we will ask you put it all together as you compete against others with choosing and preparing one meal from your own modified tasty recipe and packing your lunch.

Who is this for?: All employees

How long does this program last?: Food Makeover lasts 6 weeks

Tips and Tricks to starting and maintaining an internal wellness program

Learn the key components of creating and implementing a wellness program.

What you get: You receive weekly information on different topics ranging from how to communicate return on investment, choosing incentives, measuring and evaluating your program, making your program “stick”.



What you do: At the beginning of the program you fill out an overall worksheet to help you create the program. During each week of the program, you choose one item from the topics presented and figure out how to implement it in your own environment. At the end of the five weeks, you meet with Dr. Mudge-Riley and present your plan. This will set you up to present the plan to your own internal management.

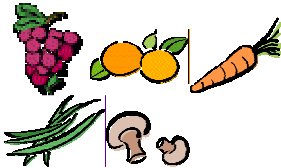
Who is this for?: HR professionals and internal wellness coordinator(s)

How long does this program last?: Tips and Tricks lasts 5 weeks.

Fruits and Veggies Challenge

This program is designed to help you increase fruit and veggie intake through a healthy competition!

What you get: You receive weekly fruit and veggie tips and a tracking card to keep track of your fruit and vegetable intake.



What you do: The goal is to eat 5-7 servings a day at least 5 days a week. Dr. Mudge-Riley will help identify an internal coordinator to keep a weekly log of participant totals. At the end of the four weeks, prizes are awarded.

Who is this for?: All employees

How long does this program last?: This challenge lasts 4 weeks

Other programs for all employees...

Finding Fiber. To encourage fiber intake

Are you afraid of fat?. To encourage healthy fat intake and elimination of trans-fats

Good Night. To learn about and practice different ways to improve your sleep.

What's in your water?. A fun interactive demonstration on what might be hidden in your water and information on what to drink

Skin Safe. To encourage use of sunscreen

Happy Lungs. To promote tobacco cessation for participants and their loved ones through an interactive demonstration of what's in a cigarette

Check it Out. To promote self-checks or screening for blood pressure, heart disease and cancer

Portion control. To help educate on the right proportions in a "supersize" world