

## Do you know your numbers?

The Wellness Education Foundation Wellness Program begins with Improving your Health IQ by identifying your key health and lifestyle risk factors through an on-line Health Risk Assessment (HRA) and a complementary one-to-one consultation with a Wellness Education Foundation Health Coach including:

- Your Wellness Score revealing how healthy you REALLY are.
- Your Risk Factors which shorten your life and rob you of your good health.
- Your Wellness Scores measuring your health on a scale of 0-100 in several areas.
- Your crucial bio-metrics including weight, blood pressure, body fat %, resting heart rate, and your nutritional status and ability to defend against the impact of aging and chronic conditions and diseases including Cancer, heart disease, and Alzheimer's.
- Optional bio-metrics include Cholesterol and Glucose.

# Is Your Health Important To You?

*It should be because your life depends on it!*



## *Are you getting the most out of your Wellness Program?*

The Wellness Education Foundation Wellness Program comprehensively offers you and your family the tools, resources, information and assistance to understand your current health status and make improvement.

The cost for participating in the Wellness Education Foundation WellCare Program is \$96.00 for your whole family for one year. Taking the HRA is a breeze and once done we will schedule a confidential Health Risk Review (HRR) with your Certified Wellness Coach at your Health Care Provider's office.

The Wellness Education Foundation is a nation wide non-profit organization founded and chartered in 1992 by a group of Wellness Oriented Health Care Providers. The main purpose of the organization is to disseminate Health and Wellness information to the public. There are over 500 health care provider members across the country.

**1. *Assessment:*** The first step to better health is to know your numbers. Therefore, your Health Coach will collect your bio-metrics and then you'll take your on-line Health Risk Assessment (HRA) then we will determine your "Wellness Score".

**2 *Interventions:*** After you take your HRA, you are eligible to have a face-to-face consultation with your Wellness Coach. Your Wellness Coach will review the results of your HRA and you will review the results of your Assessment. Your Wellness Coach will make "Next Steps" recommendations for improvement. You'll have access to the On-Line tools to create and track customized exercise and diet. Plus you will have 24/7 access to a complete Wellness Center

**3 *Education:*** You'll have access to educational content year round to help you know what to do, why to do it, how and when. We have a 12-month educational support program with monthly workshops provided to support your health efforts.

**4 *Support:*** As a WellCare program Member you'll receive support through E Newsletters and online resources. In addition you will be enrolled in the WEF WellCare program which can help you save money with great discounts on supplies, vitamin's, and supplements, fitness products, cholesterol testing and blood testing, with much more. By being active in the program, you will earn points that will automatically enter you into raffles and can be redeemed for great prizes. The best incentive is you will look better, feel better and live longer.

*Are you an Employer, or is your job involved with Employee Benefits? If so, is your benefit plan designed proactive or reactive? If you are concerned about the cost of your employee benefits, it might be time to get proactive and begin reducing your risk- the behavioral and lifestyle risk of your employees and dependents. The above benefits are included in the monthly package and are eligible for group discounts as well in our Corporate Well Care Program*