



The road  
to corporate wellness  
starts here.



# We provide the direction. You choose the path.

Considering a wellness program for your business? **AdvantageHealth** lets you customize a program that's right for you. We provide three great starting points to help you evaluate your options and map out the best path to a healthier, more productive workplace.



## PATH 1 Concise

Goal: Create health awareness and establish a baseline of wellness needs.

Includes:

- Needs & Interest Survey
- Health Risk Assessment
- Cultural Audit
- Biometric Screenings

Focus: Assess individual and group health risk status.

## PATH 2 Targeted

Goal: Target your population's health risks.

Includes Concise Path plus:

- S.H.A.P.E. Weight Management Program
- Wellness Seminars
- Just Step! Walking Program
- Group Exercise Classes
- Incentive Programs

Focus: Provide interventions that reach out to low, medium and high risk employees.

## PATH 3 Comprehensive

Goal: Target individual health risks and incentivize results.

Includes Concise Path, and can include Targeted Path, plus:

- Biometric-Based Incentive Program
- Online Behavior Change Interventions
- Lifestyle Coaching

Focus: Implement a strategy that ties individual health outcomes to incentives, focusing on reducing high risks and controlling health care costs.



# Take the first step.



AdvantageHealth health promotion experts will provide direction on designing or enhancing your company's wellness program. Plus, you'll learn how best practices and targeted interventions will improve the health of your population.

Call 612.823.4470 or email [ahinfo@advantagehealth.com](mailto:ahinfo@advantagehealth.com) to learn more.

## SERVICES & CAPABILITIES

- Health Promotion Consulting Services
- Fitness & Wellness Center Management
- Health Risk Assessment
- Biometric Screenings
- Fitness Assessments
- Lung Function Screenings
- Bone Density Screenings
- Nicotine Screenings
- Hearing & Vision Testing
- Vaccinations
- Lifestyle Coaching
- Online Targeted Behavior Change Programs
- S.H.A.P.E. Weight Management Program
- Just Step! Walking Program
- Smoking Cessation
- Support Groups
- Personalized Nutrition Consultations
- Personalized Fitness Consultations
- Health Education Materials
- Wellness Seminars
- Group Exercise Classes
- Chair Massage
- Incentive Programs
- Health Fairs
- Educational Wellness Displays
- Wellness Newsletter