Wellness Coaches™

Wellness Coaches is an industry leading, nationwide provider of health and wellness services. We help people live their best lives with personalized solutions that reduce health and safety risks for organizations. We are committed to helping individuals thrive in all aspects of well-being.

For 20 years, we have delivered exceptional outcomes through our comprehensive services. All of our services are administered by impactful providers, designed with clinical rigor, and amplified through Healthy Ways®, our proprietary, next generation digital health platform.

- Comprehensive, customized, and integrated health services to meet the unique needs of every organization and their people.
- Unique combination of our in-house providers and services covering clinical, physical, nutritional, and emotional needs.
- Easy to access, all solutions are delivered to the individual onsite and virtually.
- Digital technology that aggregates a variety of data inputs to deliver robust analytics and valuable insights for individuals and organizations.

Powerful Reach, Meaningful Outcomes

20 years' experience deploying nationwide	86% participant engagement	Average 6 coaching sessions PEPY leading to $4 to $1 ROI	90% client retention

Contact Us: **866.894.1300** | **wcusa.com** | 725 Skippack Pike Suite 300, Blue Bell PA 19422

400 June 2022

Our Comprehensive Solution Leads to Proven Health Risk Reduction

Based on millions of provider interactions with our clients, we have delivered:

Body Mass Index
17% Reduction
in High-Risk Population for BMI

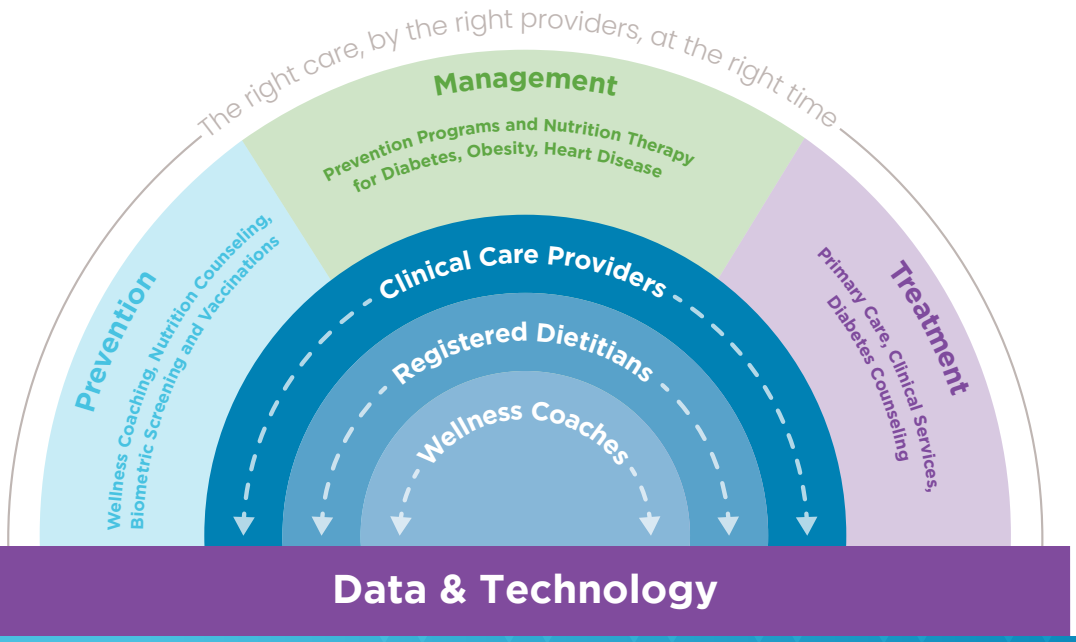
Blood Pressure
75% Reduction
in High-Risk Population for BP

Exercise
55% Reduction
in High-Risk Population for Exercise

Stress
45% Reduction
in High-Risk Population for Stress

How We Do It

We provide comprehensive care across the healthcare continuum, combining our healthcare providers with data and next generation technology to address population needs for prevention, management, and treatment of chronic diseases and conditions. Our approach ensures the right care, by the right providers, at the right time and integrates all aspects of the overall strategy to ensure individuals stay engaged in the process. The outcome is more effective population health risk improvement and cost savings for organizations.



Impactful Providers

- Wellness Coaches
- Registered Dietitians
- Certified Diabetes Specialists
- Clinical Care Providers
- Mental Health First Aid Certified

Proven Services

- Wellness and Injury Prevention Coaching
- Smoking Cessation
- Nutrition Services and Medical Nutrition Therapy
- Chronic Disease Management Programs
- Biometric Screenings and Immunizations
- Basic Primary Care and Care Navigation
- Pandemic Response
- Engaging Health Promotion Content

Smart Technology

Healthy Ways®

- iOS/Android Mobile App
- Patented Personalization for a Unique Member Experience
- Living Health Risk Assessment
- Wearable and Bluetooth Device Integration
- Courses, Contests, and Challenges
- Real-time, Actionable Data Insights
- Provider Scheduling, Digital Messaging, and Video Conferencing
- Incentive Management and Rewards

Contact Us: **866.894.1300** | **wcusa.com** | 725 Skippack Pike Suite 300, Blue Bell PA 19422

400 June 2022