

Onsite Corporate Wellness

September 10, 2014





CULTIVATE

By Standard Process

Elements of Effective Programs

Structures

- Annual screenings
- Seasonal events
- Benchmarks

Engagement

- Onsite experts
- Convenience
- Technology

Sustainable models

- Building wellness into corporate business models

Proven Performance

- Launched in February 2013
- Based on 10+ years of corporate wellness experience at Standard Process, Palmyra, Wis.
- Onsite, consultative
 - At SP—three full-time chiropractors
 - 3,800 visits in 2013

10 Years of Trial and Error

- Wellness is
 - an individual decision
 - subjective
- Depression and mental health concerns are very real
- People's perception of employers change over time
- Stop focusing on negative and look for good
- People become happy as opposed to thinking they are owed happiness

Results



Results



**ENROLLED PARTICIPANTS COSTS
REDUCED BY 55%**

Results



The Cultivate Approach

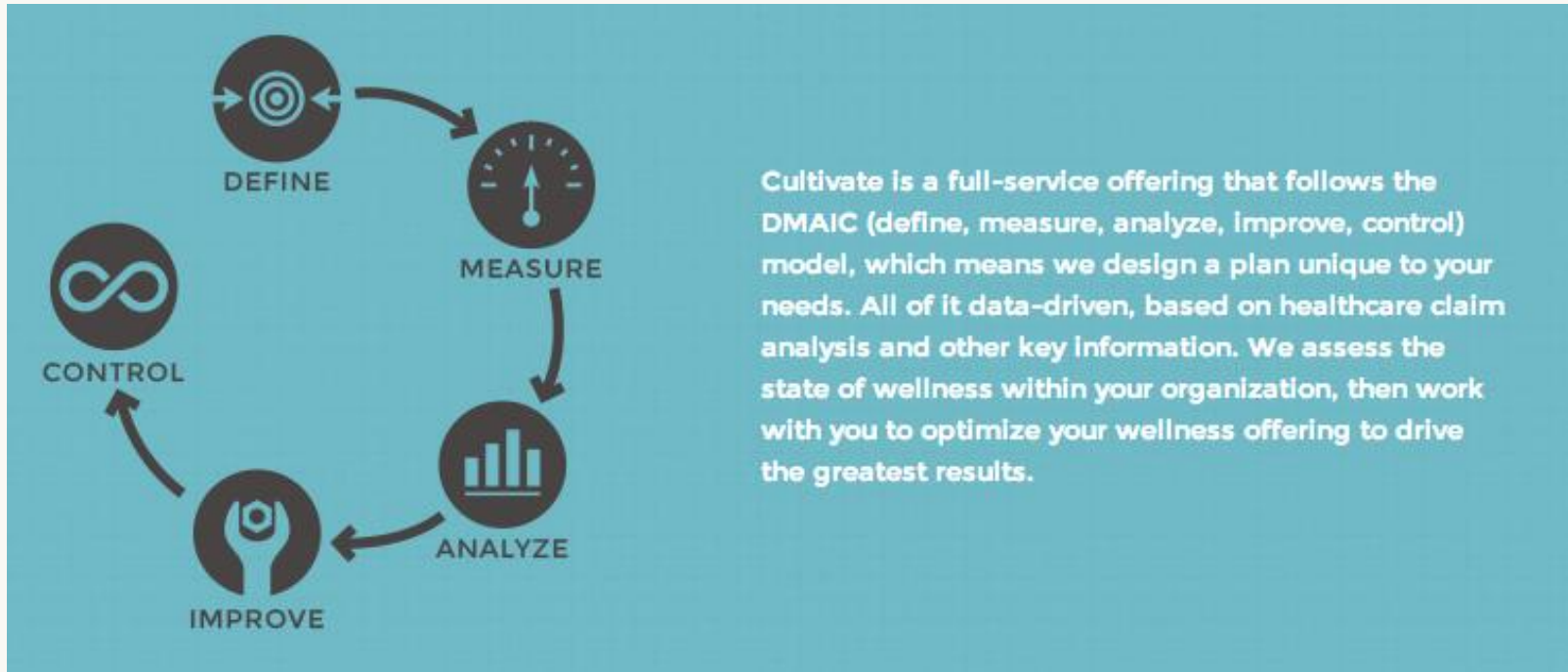


Philosophy

Core Program Elements

- Data driven
- Rooted in Six Sigma Processes and Best Practices
- Scalable depending on company size
- Adaptable to existing program

Process



Cultivate is a full-service offering that follows the DMAIC (define, measure, analyze, improve, control) model, which means we design a plan unique to your needs. All of it data-driven, based on healthcare claim analysis and other key information. We assess the state of wellness within your organization, then work with you to optimize your wellness offering to drive the greatest results.

Offerings

– OUR CORE OFFERING –

Four pillars for a complete approach to wellness.



CHIROPRACTIC



NUTRITION



FITNESS



HEALTH EDUCATION

Available daily, onsite



CHIROPRACTIC

- Chiropractic treatment and consultation
- Nutrition education, consulting and supplementation
- Injury prevention
- Ergonomic and postural assessment
- Workplace stretching
- Individual wellness consulting
- Cold laser treatment
- Athletic taping
- Primary care liaison

Available daily, onsite



NUTRITION

- Educational programming about health and nutrition
- Healthy food options at work
- Nutritional consulting
- Monthly supplement plans and options
- Company wide-nutrition programs

Available daily, onsite



FITNESS

- Cardio, strength and conditioning programs
- Workplace stretching
- Wellness council development
- Gym/facility partnerships and assessments

Available daily, onsite



HEALTH EDUCATION

- Nutrition expertise
- “Lunch and Learn” sessions
- Regular classes and presentations
- Web-based tracking tools
- Library of resources for you



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