



# TOTAL WELLNESS

The Complete Wellness Resource for You and Your Clients

## BRAND & DESIGN

Have a branded wellness program designed around your company. Connect to your program either through your own personal website or through a specialized landing page created by ASN.

## CONSULT & PLAN

ASN will personally work with your company to properly promote, design, and implement the best wellness program for you and your clients. With online tools and an ASN marketing kit, reaching your clients will be simple and successful.

## ASSESSMENT

The ASN Total Wellness program has created a comprehensive assessment tool that is mandatory for all participants to complete to properly assess each client. Each user will get a detailed report on their current health and the company will be given the ability to generate group health reports. Biometric data will also be collected to give the most accurate recommendations. Knowing the health of the company is key to managing healthcare costs.

## CORPORATE RESOURCE

This specialize resource was designed to give your company and your clients complete access to view usage, generate health reports, create additional accounts, or analyze health risks. With numerous tools available online, managing your program becomes more efficient and simple.

## EVALUATE & ANALYZE

Once the reports are generated, ASN will complete a detailed analysis to diagnose the high risk issues of each company. Once the risks are identified, the ASN Total Wellness interactive program will automatically modify itself for each individual user. These risks are also evaluated to see what additional programs should be implemented along with the interactive component.

## IMPLEMENT

Once the wellness questionnaire is completed and a report has been reviewed, the user is given full access to an interactive component that modifies itself around the health of the individual. This interactive tool gives specific recommendations based on the users overall health risk to include exercise and nutritional programs.

## MOTIVATE

Communication, interaction, and the right resources can truly reach employees and keep them motivated. If it is talking to a health coach, participating in a healthy challenge, using the exercise simulator, or downloading a weekly fitness program, your clients will have the resources need to keep participation numbers up and motivation high.

## ENGAGE

The ASN Total Wellness program makes users more engaged in taking charge of their health. There are numerous tools and resources that have been created that have been proven to increase participation. The interactive component has a simple and easy to use interface, that causes the user become more involved. The users can also have access to online and telephonic health coaches that are put in place to motivate, encourage and inform.

## MEASURE & TRACK

Not only will the users be able to track their own personal progress through the Health Profile Tracker and the Healthy Habits Calendar, but your clients will be able to monitor the progress of their employees through the Corporate Resource Center. Your clients will also be re-assessed after 6-12 months through screenings and/or wellness questionnaire. This is an important step to measure the effectiveness of the current wellness plan in place.

# Wellness Plan of Action