



**TOTAL
BENEFIT
SOLUTIONS**
INC

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TRUE GROUP PLANS

Wellworks For You



BELOW ARE THREE SAMPLE WELLNESS PLATFORMS FOR GROUPS WITH 10-99 ELIGIBLE EMPLOYEES

CORE PLATFORM

- Employer Branded Wellness Portal
- Bi-Lingual Site Set Up
- Smart Phone App which has all of the features of the online portal
- Monthly Wellness Newsletter
- Telephonic Health Coaching
- Virtual Pedometer Tracking System – USB Compatible
- Technology to use your Smart Phone as a Pedometer & Calorie Tracker
- Four Health Risk Assessments
- Comprehensive Reporting
- Fitness & Nutritional Platform
- Online Appointment System
- Company Message Board
- Wellness Webinars

Eligible Groups: 10-99

CORE PLUS PLATFORM

- All of the features within the Core Platform plus the following:
- Management of Annual Wellness Challenge
- One Onsite Preventive Nurse Screening (subject to specific screenings) or Health Coach
- Customized Marketing Materials
- Incentive Management Tracking Platform
- Company Promotional Items
- Health & Wellness Bulletins

Eligible Groups: 40-99

ENHANCED CORE

- All of the features within the Core Plus Platform plus the following:
- 1 Onsite Health Coach
- 1 Onsite Lunch & Learn (Topic TBD)
- 2 Onsite Preventive Nurse Screenings (Subject to specific screenings)

Eligible Groups: 40-99