

PROGRAM CATALOG

YOUR WELLNESS JOURNEY STARTS NOW



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WHY WORKPLACE WELLNESS MATTERS

The Health Performance Strategies team at Florida Hospital is focused on inspiring you to embrace a “value on investment” approach to the health of your company. The right changes lead to longer, healthier, happier lives. The benefits at work are also clear — reduced absenteeism, improved productivity, lower healthcare costs, higher employee-retention rates and increased morale.

We are all a part of the solution. Even small, daily wins eventually turn into big, long-lasting workplace culture changes. When employees have more energy, they are more focused, engaged and are driven to be part of your mission. They will love coming to work and thank you for the extra energy left for the most important part of their lives — their loved ones.



WHAT IS CREATION HEALTH?

CREATION Health is a philosophy created by Florida Hospital designed to help individuals achieve maximum health and wellness. This framework seeks to positively influence all aspects of a person's life — mind, body and spirit. And now your organization can experience the same wellness program Florida Hospital provides to its very own employees.

As your partner, together we will transform your health culture using tools based on world-class medical expertise and more than a century of experience providing health and healing to the community. Our goal is to empower people to live more fulfilling and productive lives by embracing the eight principles of CREATION Health – an acronym for Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition.



CHOICE — Choice inspires personal fulfillment and well-being. Establishing control over your life through conscious decision-making leads to improved health and longevity.



REST — Rest rejuvenates the mind, body and spirit, empowering you to function at your best. Proper sleep and relaxation can lower blood pressure and reduce stress.



ENVIRONMENT — Environment influences your overall health. Creating pleasant surroundings that energize the senses can lead to inner peace and happiness.



ACTIVITY — Activity strengthens the body, sharpens the mind and invigorates the spirit. Regular physical and mental exercise can greatly improve your quality of life.



TRUST — Trust promotes healing and security in your relationship with God or a higher power, family, friends and coworkers. Nurturing trust in all your relationships creates inner stability and confidence, which leads to wellness.



INTERPERSONAL RELATIONSHIPS — Interpersonal relationships can spark health and healing. Social connection fortifies resolve and nourishes the mind, body and spirit.



OUTLOOK — Outlook creates your reality. A positive attitude can strengthen the health of your mind, body and spiritual life.



NUTRITION — Nutrition is the fuel that drives you. Small changes to your diet can produce profound improvements to your overall health.



WHERE SHOULD I START?

Your Wellness Journey Starts Now

Decreased productivity, low morale, increasing healthcare costs! These are all outcomes of employee illness and poor health. Our comprehensive approach will get your company on the path to wellness. This is not a one-time motivational class quickly forgotten, but a business-oriented process for implementing sustainable health culture change. We'll work collaboratively with you to ensure your company's wellness goals are assessed, measured and met.



Health populations are complex and can be hard to differentiate. We have designed our programs to meet the needs of your employees at every level and health journey.

Level 1 is made up of around 70-80% of your population who are on some sort of wellness journey or are motivated to start. Level 2 is typically 20-30% of your population and tends to represent people with stable chronic conditions. This group needs targeted programs to address their specific health needs. Level 3, the most severe and cost-driving level, is typically 1-5% of your population and includes those with highly complex conditions. This group of individuals needs personalized care and chronic disease management, far beyond what your basic corporate wellness program will offer.

No matter what level your employees are at, we have the education, resources and programming to support your organization's wellness goals.

PERSONALIZED CARE AND CHRONIC DISEASE MANAGEMENT

- Diabetes care
- Cardiovascular care
- Cancer care
- Specialized women's care
- And more

LIFESTYLE MODIFICATION

- Activity and nutrition programs
- Back to Basics
- CREATION Health Employee Experience
- The Stress Recovery Effect
- Train the Trainer
- The REST of Your Life
- New Day, New Weigh

EDUCATE AND INSPIRE

- Assessments and surveys
- Health and wellness screenings
- Speakers Bureau
- Training modules

**LEVEL 3:
PERSONALIZED
CARE AND
CHRONIC DISEASE
MANAGEMENT**

45-50% of healthcare costs

**LEVEL 2:
LIFESTYLE
MODIFICATION**

30-40% of healthcare costs

**LEVEL 1:
EDUCATE AND INSPIRE**

10-20% of healthcare costs

EDUCATE AND INSPIRE

We provide assessment tools and screening services as well as a dynamic speakers bureau and training modules to educate and inspire your employees. After all, wellness can and should be fun. There's no better way to engage your employees than with an interactive speaker who brings a health topic to life through a fun and relatable story — or a training session that becomes the catalyst for leadership change.

Evaluate Your Current Health Culture (Assessments and Surveys)

The first step to a successful wellness program is to determine your organization's health goals and strategies. We'll evaluate your current health culture, including leadership and employee attitudes, employee demographics, current program strengths and opportunities for improvement. Then we compare and contrast the results from each assessment tool to your desired outcomes. This process helps determine how best to invest program dollars for optimal return and value on your investment.

Three assessment tools are used to create your plan:

- Employee Health Interest Survey
- Health Culture Assessment: Employee Engagement Survey
- Readiness to Change Health Culture Assessment



Employee Health Interest Survey Your Employees' Opinions Matter

Ever wonder why people aren't attending the events you put on? You may know the need is there, but what about their interest? Interest trumps need almost every time when it comes to health promotion engagement.

We offer a health interest survey that can be shared with your employees to learn about their interests in wellness and health-related activities. Our short, 11-question survey has been used in multiple organizations to determine target audiences for specific health initiatives, employees' willingness to make changes in their health journeys, and often most importantly, employee motivation level.

Your employees' anonymous responses are essential to understanding which programs to implement and which ones to toss to the curb.

In order to help build a successful and meaningful health promotion program, we would appreciate your feedback about your interest in wellness and health-related activities. Your responses will be used to help develop our programs. Our goal is to provide a culture of wellness within our organization and inspire you to make healthy lifestyle choices. Please take a moment to complete this anonymous survey. Thank you.

- Gender:**
 Male Female
- Age:**
 Under 21 51-60
 21-35 Over 60
 36-50 Prefer Not to Answer
- Are you interested in being part of a wellness committee or planning wellness programs and/or activities?**
 Yes No
- If your company wanted to send out information about activities and news and tips about healthy lifestyle choices, what would be your preferred way to get that information? (Select one.)**
 Dedicated bulletin board On the Intranet
 Weekly email Discussion at staff meetings
 Flyer distributed with paychecks
- About which of the following health programs are you interested in learning more information? (Check all that apply)**

<input type="checkbox"/> Cancer prevention	<input type="checkbox"/> Stress management
<input type="checkbox"/> Cardiopulmonary resuscitation (CPR) course	<input type="checkbox"/> Women's health
<input type="checkbox"/> Depression	<input type="checkbox"/> Work/life balance
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Smoking cessation
<input type="checkbox"/> Hypertension, heart disease and stroke	<input type="checkbox"/> Weight management/nutrition
<input type="checkbox"/> Laughter/humor and wellness	<input type="checkbox"/> Exercise and staying active
<input type="checkbox"/> Men's health	<input type="checkbox"/> Sleep
<input type="checkbox"/> Self-esteem	
- If your company were to start forming groups, in what type of groups might you participate if you knew others shared your interest? (Check all that apply)**

<input type="checkbox"/> Walking	<input type="checkbox"/> Resistance training
<input type="checkbox"/> Stretching	<input type="checkbox"/> Basketball
<input type="checkbox"/> Relaxation techniques	<input type="checkbox"/> Weight loss
<input type="checkbox"/> Healthy cooking and nutrition	<input type="checkbox"/> Yoga/pilates
<input type="checkbox"/> Running	<input type="checkbox"/> Zumba
<input type="checkbox"/> Biking	
- Making lifestyle changes is rarely easy for anyone. Still, some people have a better chance for success when they work with a buddy or in a group. Others have a better chance for success working by themselves. Which style do you prefer?**
 I'm more likely to succeed working with a buddy.
 I'm more likely to succeed working by myself.
 I do not need to make any lifestyle changes.
 I am unsure of my preference.
- Most of us are generally aware that good nutrition and regular physical activity are associated with health benefits. Do you feel you are able to get in as much physical activity as you feel is appropriate for your own better health?**
 Yes No Unsure
- I would buy healthy snacks at the worksite if they were available. (For example, low-fat yogurt, low-fat milk, dried fruit or nut mixes, fresh fruit and pretzels, instead of candy, chips, cookies, cupcakes, etc.)**
 Definitely
 Some of the time
 Probably not that often
 Not at all
- Have you recently given serious thought to making a personal lifestyle change to improve your health? (For example, losing weight, changing the types of food you eat, becoming more physically active, reducing stress or quitting smoking)**
 Yes, in the past year
 Yes, a year or more ago
 Not in recent memory
- If you answered "yes," which one statement best describes what happened?**
 I didn't go any further than to think about making a lifestyle change.
 I started to make some changes, but they didn't last more than a week or so.
 I made lifestyle changes that stuck for a few months, but I stopped following them.
 I made lifestyle changes that stuck for a few months, and I'm still following them.
- How motivated are you to participate in your organization's wellness programs?**
 I am self-motivated and look forward to participating.
 I may participate if there is an incentive or disincentive to participating.
 I am not interested in participating and nothing will change that.



Health Culture Assessment: Employee Engagement Survey

Create a Sustainable Health Culture

This assessment is designed to evaluate your employees' personal health goals, participation in programming offered and overall outlook on your organization's current health environment. Based on this feedback, we are able to identify current program strengths and opportunities for improvement, utilizing the CREATION Health principles.

Once the survey is complete, a customized plan is developed in order to maximize your time, productivity and resources. Our goal is to help your organization establish and maintain a worksite health culture that supports and encourages a healthy lifestyle based on the needs, interests and engagement levels of you and your employees.

Using a scale of 5 to 1, where 5 means "Strongly Agree" and 1 means "Strongly Disagree", please indicate your level of agreement with the statements below. Please circle the appropriate number. Mark "Don't Know" only when you do not have any information on which to base your answer.

CHOICE

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	I have personal health goals toward which I am actively reaching.
5	4	3	2	1	0	I have a personal mission statement for my life.
5	4	3	2	1	0	I take responsibility for my lifestyle choices, good and bad.
5	4	3	2	1	0	I believe I can create lifelong healthy habits.
5	4	3	2	1	0	The leaders in my organization exhibit work-life balance habits and encourage the same from employees.

REST

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	My organization provides me with an area to rest and recover from my daily responsibilities.
5	4	3	2	1	0	My organization provides me with enough time to have a break from my daily responsibilities.
5	4	3	2	1	0	My organization encourages me to take time off when available, and to stay home when I am sick.
5	4	3	2	1	0	My boss makes me feel guilty for taking time off.
5	4	3	2	1	0	I have trouble winding down/relaxing and breaking away from my mobile devices (smart phone, iPad, emails, etc.).

ENVIRONMENT

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	My organization fosters a welcoming environment.
5	4	3	2	1	0	I feel that the lighting in my organization is appropriate and comfortable.
5	4	3	2	1	0	I feel that the noise level in my organization is contained.
5	4	3	2	1	0	I feel that the temperature in the buildings of my organization is set appropriately.

ACTIVITY

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	My organization actively encourages me to stay fit and active.
5	4	3	2	1	0	My organization provides me with enough information about activity and exercise.
5	4	3	2	1	0	My organization encourages me to stretch and move throughout the day.
5	4	3	2	1	0	My organization advertises and encourages opportunities to exercise with my co-workers before, after or during work.
5	4	3	2	1	0	My organization encourages me to participate in community health events (i.e., walks, runs, cycling events).
5	4	3	2	1	0	My organization encourages taking the stairs (if applicable).

TRUST

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	I believe there is a Divine Power ultimately in control of the universe.
5	4	3	2	1	0	I regularly set aside time for personal spiritual development. Such time might include study, meditation, prayer, praise, journaling, etc.
5	4	3	2	1	0	I believe that the leadership of my organization demonstrates the mission and values of the organization.
5	4	3	2	1	0	I believe that my work ties back into the mission and values of the organization and for me personally.
5	4	3	2	1	0	I trust that the leaders and colleagues in my organization are acting in everyone's best interest.

INTERPERSONAL RELATIONSHIPS

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	My organization provides for a work-life balance that allows me to enjoy my time with my friends and family.
5	4	3	2	1	0	I am surrounded by people who treat me with respect.
5	4	3	2	1	0	I am surrounded by people who accept me for who I am.
5	4	3	2	1	0	I am surrounded by people who encourage my development.
5	4	3	2	1	0	I can count on my colleagues when there are challenges in the organization.

OUTLOOK

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	I am confident about the future of my organization.
5	4	3	2	1	0	I feel that my organization gives me the opportunity to do my best work.
5	4	3	2	1	0	My organization keeps me informed about both future challenges and opportunities that the organization might encounter.
5	4	3	2	1	0	I consider myself an optimist.
5	4	3	2	1	0	My organization offers an Employee Assistance Program and tools for managing stress that are beneficial to me.

NUTRITION

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know	
5	4	3	2	1	0	My organization provides me with plenty of information on nutrition and how I can make educated decisions at home and at work.
5	4	3	2	1	0	My organization actively encourages me to eat healthy.
5	4	3	2	1	0	The cafeteria, cafe or common area in my organization is well lit and provides a welcoming environment in which to eat.
5	4	3	2	1	0	My organization has all of the tools that I need (a microwave, refrigerator, etc.) to facilitate bringing a wide variety of healthy food options from home.
5	4	3	2	1	0	My organization provides me with the tools and resources I need to manage my weight.

Readiness to Change Health Culture Assessment

Assess Your Current Health Culture

The Readiness to Change Assessment was designed for your C-suite executives and top leaders of the organization to assess their knowledge of your organization's current health culture. This in-depth analysis will help to identify your organization's readiness to change, company demographics, current program strengths and opportunities for improvement.

A detailed summary report is provided with a comprehensive and integrated wellness plan that is customized based on your organization's needs.

LEADERSHIP AND ORGANIZATIONAL SUPPORT

This section of the assessment focuses on the organization's corporate commitment to embed a holistic approach to health and well-being into its core business and culture.

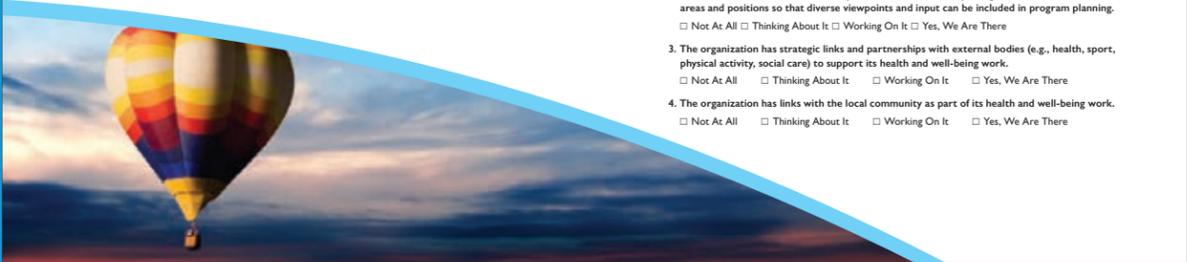
- The organization's core plans and strategies address the health and well-being of the staff and the wider community.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization ensures that health- and well-being-related strategic planning and delivery are inclusive and address the needs of the diverse range of individuals throughout the organization.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization embeds its health and well-being work into wider policy and practice relating to sustainable development.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization has performance criteria and data collection systems in place to measure the satisfaction levels of staff with regard to the delivery of health and well-being programs and support.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization has a system for assessing the impact of health and well-being initiatives on its core business (e.g., by mapping to key performance indicators relating to staff retention, sickness absence, claims data, etc.).
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization works in partnership with local public health/health improvement organizations and other relevant bodies (e.g., sport and physical activity alliances) to ensure that it contributes to local health priorities.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There

STRATEGIC PLANNING AND IMPLEMENTATION

- Strategic planning, delivery and monitoring/evaluation relating to health and well-being are integrated with the organization's wider governance systems and reported to the CEO or named senior executive.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization adopts a whole-system approach when addressing specific health topics/themes (e.g., mental well-being, physical activity, nutrition).
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization has a wellness coordinator and/or other dedicated human resources to support and develop its health and well-being work.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- There is a defined and allocated budget to support the development of health and well-being within the organization.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization has an active wellness/health promotion committee responsible for strategic planning and delivery within the organization.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization has health champions who are strong advocates for the health promotion programs.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There

STAKEHOLDER ENGAGEMENT

- There is an established wellness committee to coordinate health and well-being, strategic planning and delivery within the organization.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The wellness committee includes representatives from multiple organizational levels, functional areas and positions so that diverse viewpoints and input can be included in program planning.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization has strategic links and partnerships with external bodies (e.g., health, sport, physical activity, social care) to support its health and well-being work.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There
- The organization has links with the local community as part of its health and well-being work.
 - Not At All
 - Thinking About It
 - Working On It
 - Yes, We Are There



Health and Wellness Screenings

Health screenings are often the first step toward creating a healthy lifestyle for you and your employees. Employees will be able to evaluate their current health status from Florida Hospital screening tools and resources, to customize a plan that will improve their health. Plus, health screenings are proficient and time sensitive when performed at your company.

We offer the following screenings to fit your organization's wellness goals:

Blood Screenings

Baseline Biometrics: A biometric screening provides a quick snapshot of your health and includes physical measurements and a fasting or non-fasting finger stick to determine:

- Hemoglobin A1c
- Cholesterol (Total cholesterol, HDL, and LDL)
- Triglycerides
- Blood pressure
- Height and weight to determine body mass index (BMI)

Glucose (Blood Sugar): This screening for diabetes and pre-diabetes provides a blood sugar result in seconds with a simple finger stick. Levels can be assessed fasting or non-fasting.

Cholesterol (Total): Total cholesterol is a valuable screening tool to help determine cardiovascular risk and determine if participants are meeting their cholesterol goals. Fasting is recommended but not required.

Cholesterol (Basic Panel): A basic panel includes total cholesterol and blood sugar. Total cholesterol is a valuable tool to help determine cardiovascular risk and blood sugar can screen for diabetes and pre-diabetes.

Cholesterol (Half Panel): A half panel includes blood sugar, total cholesterol and HDL cholesterol, allowing for the calculation of non-HDL cholesterol. Non-HDL measures the overall bad cholesterol. HDL is the good cholesterol affected by exercise, hormones and genetics. Fasting is recommended but not required.

Cholesterol (Full Panel): The accuracy and completeness of a laboratory visit is available with the comfort of finger stick testing. Results will be obtained in approximately three minutes, including total cholesterol, LDL, HDL, and triglycerides. Fasting is strongly recommended.



Cardiovascular Screenings

Body Mass Index (BMI): Height and weight are discreetly measured, allowing for calculation to estimate the participant's level of body fat. BMI is deemed by the World Health Organization as a clinically significant measure of one's cardiovascular risk. Carrying extra weight can lead to a host of chronic conditions that can affect your quality of life.

Blood Pressure: Participants' resting blood pressure is measured and assessed. Blood pressure is the force applied by the blood to the artery walls during each heartbeat. A normal blood pressure is less than 120 (systolic) over 80 (diastolic). This is more commonly seen as 120/80.

Endurance/Cardiorespiratory: The endurance/cardiorespiratory screening is a three-minute step test to measure participants' cardiorespiratory endurance. The test includes stepping up and down from a 12-inch step for three minutes at a designated cadence. The cardiorespiratory endurance is measured by checking the heart rate after the three-minute test is complete. Participants will receive a score of either excellent, good, average, fair or poor. Based on results, our staff is able to provide guidance for improving cardiorespiratory endurance and/or provide referrals for those seeking cardiovascular care with a physician.

Cognitive Screening

Memory Test: This quick cognitive screening will identify individuals who may have some cognitive impairment and need additional evaluation.

Orthopedic Screenings

Bone Density Heel Scan: A bone mineral density test measures how much calcium and other types of minerals are in an area of your bone and can help detect thinning bones at an early stage. This test helps your healthcare provider detect osteoporosis and predict your risk of bone fractures.

Flexibility: Flexibility helps keep you mobile and in good health. The flexibility screening includes a sit and reach test designed to measure the flexibility of your hamstrings and lower back. You will receive a score of either excellent, good, average, fair or poor.

Pulmonary Screenings

Spirometry (Pulmonary Function Test): This quick test helps to screen for early signs of lung problems. A pulmonary function test consists of instructional breathing techniques which may confirm obstructive or restrictive lung disease. This procedure is performed by a trained respiratory therapist who instructs the patient to perform different breathing patterns. This measures lung volumes and capacities.

Lung Age Test: This quick test estimates the "age" of the participant's lungs.

Carbon Monoxide Testing: This is a useful test for persons who smoke, have a history of smoking or are frequently exposed to second-hand smoke. The goal is to encourage or maintain smoking cessation.

Skin Screenings

Skinscope Assessment: Sun exposure can cause premature wrinkling, aging and discoloration. This screening uses a specialized optical machine to visualize damage to the skin by the participant and screener simultaneously. This activity focuses on minimizing sun exposure through appropriate use of sunscreen and skin protection.

Vision Screening

Vision Assessment: Participants are screened for near acuity, far acuity and color perception.

Women's Mobile Wellness – Screenings on the Go

Screening Mammogram: The Florida Hospital Women's Mobile Coach offers screening mammograms right at your door. We know that women are busy and oftentimes put the health of their colleagues, friends and families first. With the mobile coach, this ensures your female employees can get screened in a hassle-free and convenient way.

Additional Screenings

Individual Ergonomic Workstation Assessment: Your employees' well-being not only includes their physical health but also includes the physical space around them. Improper furniture and chair heights or unsatisfactory computer screen height and keyboard positioning can lead to discomfort and chronic pain. Our ergonomic workstation assessments administered by exercise physiologists can help assess and determine what areas of your office need a makeover.

Flu Shots

If you and your employees haven't gotten your flu shot yet, now is the time. Because the virus changes each year, you must get vaccinated annually to be protected. Influenza symptoms often mimic those of a cold, but unlike a cold, the flu can be extremely dangerous. Typical Influenza symptoms include muscle aches, fever, headache, cough and lethargy.

Executive Physicals

Florida Hospital offers world-class executive health assessments that are designed to help you achieve optimal wellness.

In one seamless day, the Florida Hospital Executive Health Assessment delivers your comprehensive head-to-toe integrated health review and lifestyle improvement plan. During your Executive Health Assessment, you will see a physician, exercise physiologist, registered dietician, doctor of pharmacy and dermatologist. Your assessment report maps out how to improve your wellness and optimize your performance, from the inside out. Our assessment combines lifestyle-medicine expertise with state-of-the-art diagnostics and technologies to address your needs and concerns.

Our goal is to inspire you to achieve a higher level of health and personal performance through total wellness living — mind, body and spirit.



Speakers Bureau Series

Florida Hospital's Speakers Bureau offers professional speakers that lead innovative, fast-paced sessions on health and wellness. Our highly accomplished speakers are unrivaled within the health world, and many have revolutionized wellness and healing in our nation's largest institutions. Florida Hospital's speakers include registered dietitians, fitness experts, sleep professionals and behavioral health specialists, as well as an impressive array of top medical professionals and executives who are national and global leaders in their specialty.

The yearlong and quarterly series provide learning with a wide selection of options, including highly inspiring and engaging seminars, health screenings and conventional health presentations. Regardless of the format you select, the sessions promise to be stimulating and inspirational.

Yearlong Series

Choose a yearlong series that will take your organization on a journey to improved health and wellness through 12 customized sessions including:

Living Life to the Fullest

Eight secrets to living a happy and healthy life that will motivate you and inspire others.

Fresh Start

Bouncing back from bad habits to form a CREATION Health lifestyle.

Peak Performance

A fresh approach to maximizing your productivity at work.

Medical Monthlies

Improve your knowledge of America's most prevalent health problems, and learn how to reduce your risk.

Eat Smart

Eating smart to create a healthier you and reduce your risk for preventable diseases.

Quarterly Series

Choose from one of our flexible quarterly series to fit your organization's health and wellness goals. Each of our quarterly series comes with four sessions that can be offered weekly, monthly, bi-monthly or quarterly to match your organizational needs.

Stress Management: Beating the Burn-out

Learn from our health and wellness experts how to identify stressors in your life and develop skills to manage stress in a healthy manner. Discover lifestyle changes to increase your energy level and improve your productivity in the workplace by avoiding stress-related burn-outs.

Weight Management

Learn ways to transform what you put on your plate, where you shop in the grocery store and how you think about exercising. Our registered dietitians and exercise experts are excited about helping you take the first steps toward a new and balanced lifestyle.

Diabetes Management

Our physicians, diabetes experts and registered dietitians will share with you ways to transform your life to help you prevent or manage diabetes.

Heart Health

Learn from our physicians how to recognize symptoms of heart disease and take steps to change what you eat after listening to our registered dietitians. Now is the time to get heart healthy.

Pesky Problems Practically Everyone Faces

Almost everyone faces these irksome health problems at some point in their life. Learn tips from our experts for avoiding these pesky problems practically everyone faces.

Power to Prevent: Your Health. Your Choice.

Learn how a healthy lifestyle can help improve your quality of life while avoiding those dreaded diseases. Learn from our health and wellness experts the skills and lifestyle changes you can make to prevent disease.

Leaders Engaging in Active Development (Lead)

Join our top leaders on a journey of leadership development. Learn from leadership professionals their secrets for employee empowerment and people management.

When you book a yearlong or quarterly series, you can be confident that you will receive a wide range of health topics, along with guidance from a Speakers Bureau representative to help you select the presentation that best fits your organizational goals and audience.

Training Modules

Equip your wellness team with the training and tools needed to garner leadership buy-in and increase employee engagement. Your leadership team should be on the front line of your new health culture. They are responsible for sustaining employee engagement, and that requires education and clear focus. Ingrained habits often unwittingly undercut progress. When a manager innocently orders donuts for an early-morning meeting, it sends a message. We'll train managers and peer leaders to "think health" so they can consistently increase motivation and employee support.

Leading a Health Culture

You already have strong leaders in your organization, so preparing them to lead in a health culture is a tweak and not an overhaul. Our team will teach yours the secrets to success.

TOPICS COVERED:

Motivating the Unmotivated

- Understanding the Motivation Model
- Positive and Negative Stigma
- Impediments

Communicating: Key Factors That Make A Difference

- Continuing Education Model
- What Fitness Does for Our Bodies
- Habit Loop and the Subconscious Mind
- How to Motivate the Motivated and Unmotivated
- Understanding How Food Fuels Our Bodies
- Defining Rest

Influencing: Role-modeling Campaign

- How Do Leaders Influence Health in Their Organization?
- Why Do Real Leaders Want a Healthy Workforce?
- How Do Leaders "Walk the Talk"?

Achieving: Supporting Health Champions

- Why You Should Build a Group of Health Champions
- Nomination versus Volunteering
- How to Lead by Example and Support Your New Health Champions
- What is the Health Champion Role?





Corporate Wellness Training for the Human Resources Professional

Human Resources is ever changing, and embedding wellness into the workplace can be hard. Learn how to maintain and manage a corporate wellness program to support your organization's most important asset — your employees.

TOPICS COVERED:

Creating and Maintaining Effective Wellness Committees

- The Role of the Wellness Team
- Forming an Effective Wellness Committee
- Tips for Success
- Meeting Tips
- Creating Goals and Objectives
- Five Principles of Highly Effective Wellness Programs

Healthcare Reform and Wellness

- Historical Timeline of Organized Healthcare in the U.S.
- Insurance Market Reform Facts and Myths
- Understanding Penalties for Your Organization

Designing Incentive Programs

- Design Strategies
- Common Types of Incentives/Disincentives
- The Carrot and the Stick
- Behavior Change
- Communication

Participation Pitfalls, Tips and Tricks

- Understanding Your Employee Population
- Lack of Time versus Lack of Interest
- Benefits of Utilizing Your Health Champions
- Role Models
- Confidentiality and Privacy and What You Need to Know
- Cycle of Change
- Engagement Tips

Health Champion Training

Peer leaders are taught techniques to champion the cause. They are important catalysts to creating change and acceptance of the new health and wellness culture.

TOPICS COVERED:

Defining a Health Champion

- What's In It For Me?
- Why Do We Need Health Champions?
- How Do We Utilize Health Champions?

Health Champion Orientation

- Transform Culture to Create a "Culture of Health"
- Improve the Health Status of Employees and Their Family Members
- Maximize Energy Levels of Employees and Families
- Equip Employees to Have Energy for Both Home and Work
- Deepen Employee Engagement Levels
- Benefit from Improved Productivity
- Bend the Healthcare Cost Curve Trajectory
- Make Health and Wellness Fun and Accessible to All Employees

Best Practices

- What are the Next Steps?
- How to Design Challenges to Get Your Team and Organization Motivated
- Better Understanding of Social Media

Recognition and Rewards

- Best Way to Show Recognition
- Adding Health Champions to Standard Meeting Agendas
- How to Incorporate a Newsletter into Your Organization
- Annual Celebration Events
- Leading by Example

LIFESTYLE MODIFICATION

Small changes lead to big wins. And as wellness professionals, it's our responsibility to lead this transformation. Change starts with small lifestyle modifications that eventually result in habitual changes that positively affect employee wellbeing. Choose from a variety of lifestyle-modification programs we offer that will inspire, educate and transform your employees.

Rest, Activity and Nutrition Programs

Our activity and nutrition programs offer sound medical information in a clear, concise and actionable way that your employees will be able to implement into their daily routines at work and at home.

Chair Massage

Florida Hospital offers chair massage by bringing licensed and professional massage therapists to your organization. Take care of your most important assets — your employees — by treating them to some much-needed rest and rejuvenation with chair massages as part of your wellness program.

Better Nutrition

Eating is one of the most comforting and pleasurable pastimes. And how we eat certainly affects our health and energy levels. This eight-week program looks at health risks associated with nutrition, provides guidelines for healthy eating and tips for incorporating these into everyday living, and explores the process of making lifestyle changes. Topics include:

- Nutrition Basics
- Fruits and Vegetables
- Whole Grains
- Fats, Sugar and Salt
- Your Healthy Weight

Commit 2 Fit Corporate Challenge

The Commit 2 Fit Challenge offers employees a fun and motivating fitness experience through the spirit of friendly competition. With our expert training staff and metrics, we will help educate participants on their current health status and fitness levels. Before the challenge begins, participants will complete an InBody screening — a bioelectrical impedance to give detailed information on the individual's biometrics, including body fat, muscle mass versus body fat in pounds and basal metabolic rate. This allows for our staff to give the individual a detailed look at their current health status.

Journals will be provided for participants to journal their progress, thoughts and feelings during the challenge. Over the course of the program, trainers will be made available to the participants to talk about their progress, goals and obstacles. Trainers are also able to offer tips and new training options to keep things exciting and fresh.

Two seminars are also given during the eight-week challenge.

A Healthier You: Get to Know Your Numbers: This seminar will review what the InBody numbers mean and how they relate to health. Discussions on goal setting, proper workout prescriptions and basic do's and don'ts of any health plan. Participants will leave this seminar with a clear idea of their current health, but will also help set goals and plans for the future.

Overcoming the Obstacles: Hitting the Wall and Climbing Over: Everyone hits the wall, and everyone struggles with improving their health. This seminar will feature an open discussion of defeating the barriers to fitness and wellness with new ideas on tracking and achieving your goals.

Eat Your Way to Health

This program explores six areas of nutrition that can contribute to living a healthier, longer and fuller life. The six areas include:

- Portion Size
- Breakfast
- Fruits and Vegetables
- Whole Grains
- Fats
- Eating Out

Fitness For Life

This health enhancement program combines physical activity, education and behavior change. Each week, a different aspect of physical activity is explored, and a wellness challenge is presented. Topics and wellness challenges are:

- Cardiovascular Fitness/Water
- Exercising for a Healthy Weight/Healthy Portions Parts One and Two
- Exercise Safety/Whole Grains
- Exercise for Bone Health/Get Adequate Calcium Daily
- Exercise for Good Mental Health/Stress-management Techniques
- Exercise for Life/Nuts and Seeds
- Flexibility/Eating Fruits and Vegetables
- Strength/Breakfast



Full Plate Diet

This program focuses on the power of eating more fiber-rich foods, such as fruits, vegetables, whole grains, beans and peas, and nuts and seeds. Participants are encouraged to make small changes in their nutrition habits that will provide more energy, increase heart health and decrease the risks for cancer and diabetes.

Metabolism Class

This program explores the human body's metabolic response to exercise and diet and is perfect for those just beginning a weight-loss routine or those looking for a better understanding of their own body. Topics include:

- Your Metabolism: An Overview
- Physical Activity and Your Metabolism
- Hormones and Metabolism: Are You Really Burning Fat?
- The Effect of Food on Your Metabolism
- Why Diets Fail
- How to Develop Habits and Cues for Staying on Track for a Healthy Lifestyle

Mission: 5K

Mission: 5K is an interactive nine-week guided walk-run training program to take you from couch to 5K. Whether you are just beginning your exercise program or have been active for a while, this program can help you reach many health goals.

Participants will meet their training leader once a week, and will follow a self-guided training schedule for the remaining days of the week. On the coach-led training days, runners and walkers will have the ability to find a training buddy — someone to help hold you accountable for finishing the race. This program is intended to go at participant's own pace, with simple intervals to prepare you to be physically and mentally ready to complete a 5K.

Weight Management for Life

This program is designed to provide participants with the knowledge to develop skills that will result in lifestyle changes that promote weight loss. The emphasis is on developing a healthy lifestyle that promotes a healthy weight throughout one's lifetime, rather than "dieting." Healthy nutrition, regular physical activity, accountability, motivation, problem solving and rewards for reaching goals are all components of this program. Topics covered include:

- Your Healthy Weight
- Goal Setting
- Carbohydrates, Fats, Proteins
- Eating Out
- Managing Your Home Environment
- Healthy Metabolism
- Staying Motivated

Group Fitness

Group fitness classes are a fun, interactive way to incorporate exercise and movement into the workplace. Whether your employees prefer to dance, use weights or relieve stress with yoga, our group fitness classes will help improve cardiovascular health and flexibility, while building muscle tone and promoting overall well-being.

Zumba®: Add fun to your cardio routine with Zumba®. This dance-inspired workout involves aerobic elements and incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly-dance moves. Squats and lunges are also included for a fun, energizing, total-body workout!

Stability Ball: Core strength, improved balance — these are just two of the things that will be improved by exercising with a stability ball. We'll show you a wide variety of exercises that can be done with this incredible training tool — and it makes a great chair!

Desk Pilates: An invitation to bring the benefits of a little recess into each day by engaging you to move mindfully, focus on breathing and strengthen your deep postural muscles. Invite your body to become mindful of your breathing, explore body-mind connections, effectively utilize core muscles to support your spine, increase your awareness of posture and positioning and playfully emphasize strength and flexibility through your daily activities — even while sitting at your desk!

Yoga: This traditional free-style yoga class builds strength and flexibility, gets your blood flowing, helps circulation in hands and feet and is a great stress reliever. Namaste! *Mats are not provided.*

Band Strength: A resistance band class that targets all the major muscle groups of the upper and lower body. Challenge yourself with three different levels of resistance bands. Utilize effective training techniques to strengthen and tone the legs, abs, chest, back and arms. Complete a full-body workout in a fun, energetic half-hour.

No Equipment Necessary: Whether the gym is just not your thing or you're looking to change up your routine, this class is the one for you! Designed so no equipment is required, we show you how to use your own body for resistance, and you choose how challenging you would like it to be.

Boot Camp: A fun-filled, high-intensity group training session involving dynamic movements, intervals, cardiovascular activity and strength training.





Recipe Database and Cookbook

In an effort to improve the health of your employees, both at home and in the workplace, and to empower nutritious choices, we have created an online recipe database and cookbook featuring healthy recipes and stunning photography. Three different options are available to your organization to suit a variety of nutritional needs.

Option I: Family-Size Database

Whether you're looking for healthy and delicious appetizers, breakfasts, main entrees or desserts, we've got you covered! Our database of more than 100 beautifully designed and photographed recipes can be used in your company communications, newsletters and potluck events, and enjoyed by your employees' families and friends.

Option II: Cafeteria-Size Database

We make it easy to incorporate healthy-eating options into your workplace. In addition to the family-size recipes in Option I, this database includes serving sizes for 50 and 100 employees to provide you the opportunity to serve healthy meals in your cafeterias. The high-resolution pictures can be used in promotional materials, posters, cafeteria menus and more. This option is great for organizations looking to provide large-scale nutritional and environmental changes.

Option III: Simply Healthy: The Art of Eating Well Cookbook

Nutrition provides your body with the fuel needed to walk, breathe and enjoy a game of Frisbee with your children. In fact, nutrition is what fuels the hundreds of activities you do every day. Your nutrition is also one of the most powerful tools you have to decrease your risk for disease and live a healthy, abundant life. It was once said, "To eat is a necessity, but to eat intelligently is an art." And that is one of the goals of this cookbook — to help you eat intelligently and healthfully.

On-site Cooking Demonstrations

Learn to cook everyday dishes developed by our chefs and nutritionists while trying new foods using fresh, healthy ingredients. Select one of these delicious and nutritious options for your next employee event.

More Roughage, Please

Learn two new, tasty ways to add more fiber to your day.

Recipes: Roasted Beet, Kale and Pepper Salad
Versatile Beef, Turkey or Tofu and three-bean chili

Cooking With Soy

The evidence is stacking up! Eating moderate amounts of soy throughout the week can boost your health. Learn how easy it is to enjoy soy.

Recipes: Polynesian Sweet and Sour Tofu
Summer Scallion Vegetable Slaw

Take a Trip to the Mediterranean

Enjoy the healthy tastes of the Mediterranean presented in a new way.

Recipes: Tunisian Vegetarian Medley with Rustic Quinoa
Orange, Yogurt and Fennel Salad

Ancient Foods With a New Twist

Farro is an ancient grain that has been found in the tombs of Egyptian kings. And Greek salad is definitely a favorite that has been around for many years. Enjoy both with a modern twist added.

Recipes: Kale, Farro and Grilled Mushrooms
Low-fat Tomato, Olive and Chickpea Greek Salad

The Sweet Side of Vegetables

If you are looking for new ways to prepare vegetables, discover the technique of slow-roasting to bring out their natural sweetness.

Recipes: Slow-roasted Brussels Sprouts with Sautéed Cabbage and Spinach
Roasted Corn and Edamame Salad

A Taste Explosion

Discover healthy new tastes paired with familiar foods.

Recipes: Portobello Chard Sauté with Whole Wheat Pasta
Fresh Lemon Basil and Tomato Bruschetta

Spine Health Institute

Did you know that back pain is the number one cause of lost productivity in the workplace? The Spine Health Institute offers several education pieces within our onsite seminars. We can provide your employees with valuable education on proper techniques to prevent future injuries, better manage their back pain and maintain optimal spine health.

Many illnesses and injuries are preventable, so the more your employees are taking advantage of preventative care, the more cost-effective their care becomes. We understand how debilitating back pain can be, how it can affect all areas of a person's life and how important it is for all to be aware of preventative measures. As a member of the community, we are here to partner with you on your employees' health.

Back to Basics

Back to Basics is an instructional, individualized group class broken out into three sessions specifically designed to teach you the basics of daily living. This class will help employees care for their back and prevent strain and injury for years to come.

- **Session I:** Bending, Lifting, Twisting & Warming Up Techniques & Do's & Don'ts for Daily Living
- **Session II:** When is Back Pain More Than Just Back Pain & Steps You Can Take Now to Avoid Pack Pain
- **Session III:** Back to Basics interactive group class

Optional Add-on: Dos & Don'ts for Daily Living: What we do every day either preserves or deteriorates our spinal health. Learn how to tackle life's daily tasks in a safe manner.

When is Back Pain More Than Just Back Pain?

Recognize the signs and symptoms of serious back pain to know when to seek professional medical care.

Exercise Your Way to a Healthy Spine

Physical and aerobic fitness are protective. Learn about the five-point treatment and prevention program that is also used for Olympic athletes.

Optional Add-on: Dos & Don'ts for Daily Living: What we do every day either preserves or deteriorates our spinal health. Learn how to tackle life's daily tasks in a safe manner.

Nutrition & Your Spine

Diet and nutrition play a major role in your overall wellbeing. Discover the right foods to eat to nourish your spinal health.

Optional Add-on: Dos & Don'ts for Daily Living: What we do every day either preserves or deteriorates our spinal health. Learn how to tackle life's daily tasks in a safe manner.

How to Deal with Chronic Back Pain

Unfortunately, some people must deal with back pain on a long-term basis. Our experts will teach you about coping and treatment options that can reduce the discomfort of a chronic condition.

CREATION Health Employee Experience

CREATION Health is not new to Florida Hospital — it's in our DNA, and it's in our culture. Now we want to share this transformative class with you and your employees.

The first step in creating a culture of health is adopting a philosophy that supports the vision. CREATION Health is a comprehensive framework for achieving maximum health. Established by Florida Hospital, the goal of this wellness philosophy is to positively influence all aspects of a person's life in order to nourish the whole person — mind, body and spirit. It seeks to empower participants to live more fulfilling and productive lives by embracing eight guiding principles — Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition.

Program Details

CREATION Health Employee Experience walks through the eight guiding principles in an easy-to-understand and relatable way. The course is an interactive experience that will transform your organization's health culture and improve the health status of your employees and their families.

There are two options for bringing the CREATION Health Employee Experience to your employees.

- The traditional course is 12 hours — taught over the course of two days, depending on your needs.
- The condensed course is an eight-hour session designed to be completed in one day.

Both options can be customized, depending on scheduling availability within your organization.

By offering the CREATION Health Employee Experience at your company, you will equip your employees with the proper tools to make healthy life choices that will improve productivity, decrease absenteeism and increase employee satisfaction.



The Stress Recovery Effect Program

Transform your stress from enemy to ally!

Feeling Stressed?

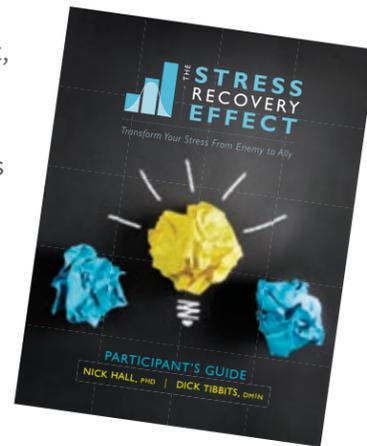
In The Stress Recovery Effect, researchers Nick Hall, PhD, and Dick Tibbits, DMin, introduce companies to their evidence-based solution for stress management in the workplace. Grounded in original research conducted at Florida Hospital, this transformative program empowers employees to do what elite athletes and high performance CEOs do: Reframe stress from a negative to a positive, find their optimal stress zone and use The Stress Recovery Effect to fuel future success.

Stress is Not the Enemy

Stress is a part of life, and oftentimes it seems like you can't live with it, but as you will discover, you can't live without it. Stress can be found everywhere you go — at work, at play and at home. In fact, stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity.

Yet, contrary to what you may have heard, not all stress is bad. Research reveals there is an optimal Stress Zone where most of us will not just survive, but thrive! If you have too little stress in your life, you are prone to feel bored, frustrated and dissatisfied. You're also more likely to commit errors of omission at your place of work.

If you have too much stress in your life, you may frequently feel frantic and/or exhausted, and are prone to illness. You're also more likely to commit errors of omission at work. But when you experience the right amount of stress, you are more creative, solve problems more rationally and handle change more effectively. You may even commit fewer errors at work because of your increased focus.



The REST of Your Life

End Exhaustion, Enhance Energy, Sleep Smarter!

Insufficient and poor sleep takes a toll in the workplace. The majority of adults don't get enough rest — leading to sleep deprivation which contributes to poor workplace culture, impaired cognitive functioning and lower productivity.

The Rest of Your Life brings together the latest in sleep science and behavioral change techniques. This innovative program offers practical, evidence-based solutions to the pressing problem of sleep deprivation. In this program you will learn how to get your best rest and:

- Increase your energy
- Help you lose weight
- Lower stress
- Increase productivity
- Improve your mood
- Clear your head

The Rest of Your Life addresses the whole person. It focuses on specific areas — such as stress, outlook and exercise — that can make a huge difference in whether or not you get good rest and feel energized the next day.



Train the Trainer

The Power of Teaching is in Your Hands

Learn how to become a course facilitator and put our most influential employee wellness programs to work at your company. Introducing Train the Trainer for three of our most popular programs:

The CREATION Health Employee Experience

The Stress Recovery Effect

The Rest of Your Life

The Train the Trainer courses are designed to provide a company's in-house trainers with the knowledge and tools they need to effectively deliver these interactive, whole-person health sessions to fellow employees. The Train the Trainer courses include:

- Participation in an interactive course taught by our facilitators
- Learning how to teach the course concepts and implementation
- A copy of all the program content and an instructional Facilitators Guide
- Follow-up support from our team to ensure your success



PERSONALIZED CARE AND CHRONIC DISEASE MANAGEMENT

Our Care Network includes medical experts and professionals who can help employees with chronic diseases. Whether diabetes care, heart care, cancer care or specialized women's care, we are happy to introduce them to the right support team.

New Day, New Weigh

The Florida Hospital Diabetes Institute has developed a six-month weight-loss program designed to help people who have tried various diet and exercise programs but have either lost no weight or gained it back. Using a unique, personalized, multidisciplinary approach, this program aims to identify and treat the underlying problem. Benefits of joining:

Physician Visits

- Initial, one-month, three-month and six-month visits (copay will apply)

Multidisciplinary Team Visits

Fitness

- Two one-on-one exercise consults

Nutrition

- Three one-on-one nutrition visits include:
 - A review of your medical history, labs and lifestyle
 - Meal planning, food journaling, and goal setting followed by practical and tailored strategies

Behavioral Health Counseling

- Two one-on-one behavioral counseling visits focused on eating behaviors and weight-loss barriers.

Support

- Monthly Body Comp Measurement and Weight Management-themed Group Education and Support Sessions led by a member of our care team (total of six).

Program is designed for participants with a BMI >30* and who have pre-diabetes, diabetes or tried various diet and exercise programs but have either lost no weight or gained it back.



Diabetes Self-Management Education

Whether you have been recently diagnosed with diabetes, or are seeking to focus on a particular aspect of your diabetes management, our certified diabetes educators are on staff to help with a full spectrum of programs, including group diabetes class, support groups, individual counseling, insulin pump training and more.

The course is designed for people with Type 1 and Type 2 diabetes, whether diagnosed recently or many years ago. It covers eight modules and gives participants the opportunity to share their experiences with others while receiving one-on-one assistance from our educators. The class can be offered on-site or at FHDI with a flat rate model.

Results: A1c – 78.6% of participants decreased their A1c levels. The average A1c went from 8.19 to 6.95 at 4-months post education.

Thrive

A corporate incentive-based chronic disease program proven to improve A1C levels and overall employee health, while minimizing medical claims. This program provides personalized care based on employees' health and interests.

Thrive can be completely customized to meet your organization's needs.

Results: Lowered average A1C from 8.4 to 7.8 at 6 months, sustained 5 years later.



ACCOUNT MANAGEMENT

In need of an extra pair of hands to assist in executing your company's workplace wellness vision? Let us roll up our sleeves and assist you! Account management services are available to help you from concept to full implementation with the following offerings:

Communications and Marketing Support

The CREATION Health brand ignites and communicates relatable and meaningful ideas, facts and stories to inspire employees to begin their wellness journey towards a fuller, more enriching life — mind, body and spirit. As your partner, we will work with you to co-brand materials, such as employee newsletters, brochures, posters, PowerPoint templates, eNews blasts, messaging on your employee portal and more.

Conference Coordination

Infuse a health and wellness atmosphere to your existing large events, conferences and exhibits. Whether you are hosting a small event or an annual conference for hundreds or thousands of employees, we can help create an environment that promotes health and inspires your employees by providing onsite screenings, collateral and marketing tools, activity classes, cooking demonstrations and expert speakers to educate your employees on whole-person health.

Kick-Off Event Management

Ready to launch your first workplace wellness initiative? Or excited about our partnership and want your employees to know about it? Let's create a special kick-off event to let employees know all you are doing for them!

Environment Design Consults

One of the quickest and highly effective ways to improve the health of your employees is to make the healthy choice the easy choice. This can be done with changes on both a small and large scale to illustrate the importance of a healthy environment in the workplace.

Annual Wellness Plan Development

Establishing a yearlong wellness calendar can ensure that your workplace wellness programs are not seen as one-hit wonders, but as a true effort for establishing and sustaining a health culture. We can assist you in creating a calendar of education, trainings and programs tied into monthly health observances or your organization's focus.

Award and Accolade Application Assistance

We strive to help create healthier employees and stronger communities. That's why we want your organization to be recognized as a leader in workplace health for the Central Florida community and beyond.

Value on Investment Consultations

Decreased productivity, low morale, increasing healthcare costs! These are all outcomes of employee illness and poor health. If it's not just a one-time motivational class quickly forgotten that you are after, but achieving outcomes and meaningful change, we want to help evaluate your success. We'll work collaboratively with you to ensure your organizational goals are assessed and achieved.

HEALTH CULTURE TRANSFORMATION PACKAGES

GOLD

- Account Management
- All 3 Assessments
- 2 Train the Trainer programs
- HR Professional Training
- Health Champion Training
- Leadership Training
- CREATION Health Employee Experience
- Stress Recovery Effect Program
- 1 Yearlong Series
- 12 Group Fitness Classes
- Mission 5k
- Recipe Database (Cafeteria & Family Size)
- Mobile Mammography Coach

\$49,202

\$67,400 Value (A 27% Discount)

SILVER

- Employee Health Interest Survey
- Health Culture Assessment
- CREATION Health Employee Experience
- 1 Train the Trainer program
- Health Champion Training
- Leadership Training
- 1 Yearlong Series
- 1 Eight-week Activity/Nutrition Program of Your Choice
- 8 Group Fitness Classes
- Recipe Database (Family Size)
- Mobile Mammography Coach

\$27,552

\$33,600 Value (An 18% Discount)

BRONZE

- Employee Health Interest Survey
- Health Champion Training
- 1 Yearlong Series
- Eat Your Way to Health 6-week Program
- Quarterly Massage Events
- 4 Group Fitness Classes

\$10,600

\$11,800 Value (A 10% Discount)



CENTRAL FLORIDA WORKS ON WELLNESS

Central Florida Works on Wellness (CFWOW) is a networking, educational-outreach and resource forum created to help members share workplace wellness best practices and information.

Who should join?

Human resource professionals, health and wellness practitioners, business leaders, benefit consultants/brokers, and others interested in creating a healthier Central Florida community.

Member Benefits

- Gain invaluable insight on worksite wellness from experts in the field
- First to know about events/new programs
- Increase participation and engagement of your current worksite wellness offerings
- Identify ways to receive local and national worksite recognition
- Stay current with best practices and trends
- Networking with other wellness professionals

Membership

Choose a membership that fits your wellness team. No matter the size of your organization, you will be well-equipped with the education, best practices and tools you need to succeed. Central Florida Works on Wellness membership is ideal for workplace wellness professionals, human resource professionals, business leaders and benefits consultants/brokers.

- **Option I:** \$99 per year, per company for up to three people
- **Option II:** \$59 per year for individuals

We hope you join us! Together we can create an environment that supports lasting change in the workplace — ultimately making Central Florida a healthier place to live and work.

AWARDS AND RECOGNITION

We strive to help create healthier employees and stronger communities. That's why we are proud to be recognized as a leader in workplace health for the Central Florida community and beyond.

Awards and Accolades

- Florida Hospital is recognized by *U.S. News & World Report* as one of America's best hospitals (2016-2017)
- Recognized as one of Central Florida's "Healthiest Employers" by the Orlando Business Journal
- Consistently ranked as a "Top 100 Company for Working Families" by the Orlando Sentinel
- Social Wellness Awards Communicator Award Winner (2015) by ShapeUp Complete
- Employer Healthcare & Benefits Congress — among the "Top 100 Healthiest Employers" in the country

Designations and Certifications

- American Heart Association's Workplace Health Achievement Index
- American Diabetes Association's Elite Health Champion Designation
- Certified Corporate Wellness Specialist by the Corporate Health and Wellness Association

Memberships

- WELCOA Premier Provider Network (2016)
- National Wellness Institute
- Associated Wire Rope Fabricators Sponsor Member
- Greater Orlando Society for Human Resource Management

Health Performance Strategies is honored to partner with you to help your company become recognized as a healthy employer. Contact us today to learn how you can take your company to the next level with workplace wellness.

TESTIMONIALS

Don't hear it from us. Our program testimonials speak for themselves.

“Since forming our alliance with Florida Hospital, we have been able to develop a quality wellness platform for our team members. With their guidance and expertise, we have implemented a variety of programs which directly benefit the health and well-being of our employees.”

— Sally Milton, Senior Vice President - Client Reporting, Pinnacle

“Talk about changing lives? We have learned so much and we have really grown in our awareness of health and wellness thanks to your team.”

— Jillian McCluskey, Director of Sales, Workscapes

70 percent “strongly agree” and more than 26 percent “agree” – participants reported they would **“recommend the CREATION Health Employee Experience course to their colleagues.”**

70 percent “strongly agree” that **“Overall, I felt like this experience [CREATION Health Employee Experience] helped me learn how I can live my life to the fullest.”**

“This was a great experience that I enjoyed a lot and made me think about my life and now I will change my nutrition, lifestyle, relationships, even my attitude, and give God more time. Thank you Florida Hospital team for this gift!”

“This course [The Stress Recovery Effect] saved my life! I was stressed, overly stressed at work almost to the point of shutting down. Now I am “waking up,” my creativity is returning. I will be a better me.”

“The class [CREATION Health Employee Experience] was great! I learned a lot and definitely feel refreshed and rejuvenated! I'm ready to press the reset button and have a new attitude, eat better and exercise! I loved the positive energy.”

Together, we can help your company gain local and national recognition for your efforts in making your employees healthier — and happier.

ABOUT FLORIDA HOSPITAL

Florida Hospital's 26 hospitals combine to make up one of America's largest, not-for-profit healthcare providers.

Our Care Network extends across Florida — from Flagler Beach — throughout Central Florida — to the southern reaches of the Tampa/St. Petersburg region.

Florida Hospital is a proud member of the Adventist Health System (AHS) — a national leader in quality, safety and patient satisfaction. This faith-based healthcare organization encompasses 45 hospital locations across 10 states.

Florida Hospital: Then and Now

Established 1908:

1 DOCTOR
20 BEDS

LESS THAN 10 EMPLOYEES

SERVING LOCAL ORLANDO RESIDENTS

Today:

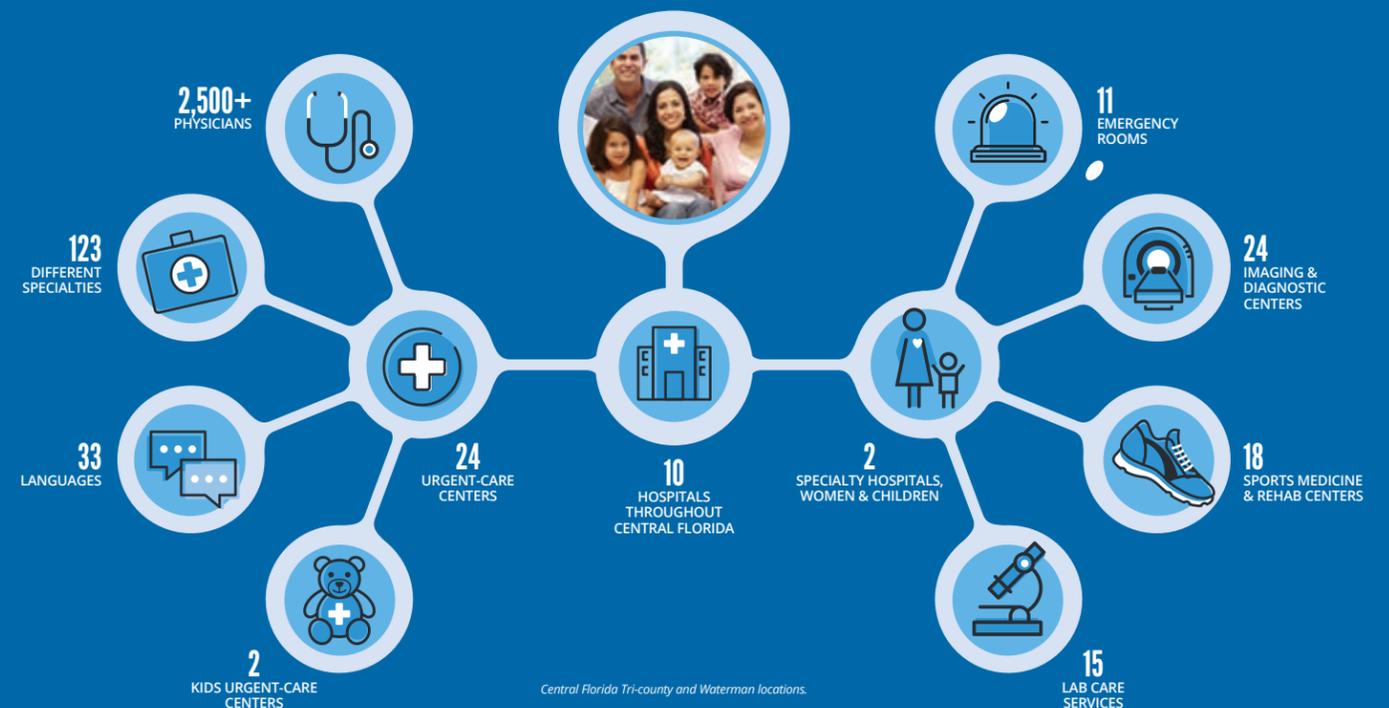
MORE THAN 1,041 PHYSICIANS

MORE THAN 4,911 BEDS

MORE THAN 30,000 EMPLOYEES

SERVING PATIENTS AROUND THE WORLD

One Network for Life



Your wellness journey awaits. Take the first healthy step and contact us today.

(407) 303-9910 | FH.Health.Performance.Strategies@FLHosp.org
FloridaHospital.com/HPS

