

PROGRAM CATALOG

YOUR WELLNESS JOURNEY STARTS NOW





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WHY WORKPLACE WELLBEING MATTERS

The Health Performance Strategies team at AdventHealth 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 health care 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 AdventHealth 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 AdventHealth 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 framework for whole-person health and wellbeing is based on biblical teachings and supported by evidence-based scientific research. You may choose from a variety of programs customizable to your specific needs for either a faith-based or secular setting. 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 wellbeing. 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.



WHY WORKPLACE WELLBEING MATTERS

Your Wellness Journey Starts Now

Decreased productivity, low morale, increasing health care 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.



WORKPLACE WELLBEING

Surveys, Assessments, & Education

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

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



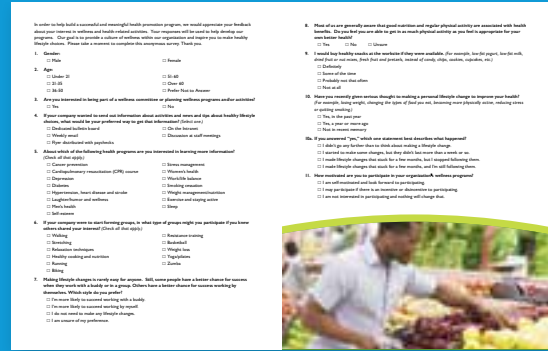
Employee Health Interest Survey

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.



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.

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.

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 AdventHealth 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)

Cholesterol (Basic Panel): 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).

Cardiovascular Screenings

Body Mass Index (BMI)

Blood Pressure.

Endurance/Cardiorespiratory:

Cognitive Screening

Memory Test

Orthopedic Screenings

Bone Density Heel Scan

Flexibility

Pulmonary Screenings

Spirometry (Pulmonary Function Test)

Carbon Monoxide Testing.



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.

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 Health Physicals

Developing the Great Leaders of Your Company is a Significant Investment

Your company's executives need to be at the top of their game — mentally, physically, professionally, personally. More and more companies are realizing that early detection and prevention is the key to maintaining the health of the executive, thereby contributing to the improved productivity of the organization. These same companies utilize AdventHealth's Executive Health Program (EHP) to ensure the leaders they've chosen to successfully run their organizations will be able to do so well into the future. Investing in their wellness through EHP provides your top executives the benefit of a comprehensive, integrative, head-to-toe health assessment. Each assessment comes with a unique health improvement action plan customized to empower your executives to discover their path to peak performance — for themselves, their family, their community and your organization.

- Convenient
- Comprehensive
- Personalized

A DAY DEDICATED TO YOUR UNIQUE NEEDS

Greeted by your personal health ambassador, you are escorted to our lounge to discuss your schedule for the day. After a short visit to our clinic and full body composition analysis, you will be treated to a healthy breakfast. A full day of personalized attention follows as our team of clinical specialists, doctors and exercise physiologists guide you through a series of health assessments to determine your health history and current lifestyle. A light and delicious lunch breaks up the day.



Our team will consult with you to uncover potential lifestyle risks, identify health problems, and discuss personal concerns. You will receive a series of clinical and laboratory evaluations, as well as health and lifestyle consultations. At the end of the day, an individually designed wellness prescription and personal action-plan will be developed to focus on targeted areas for lifestyle change. We begin with an age-specific assessment package and then can tailor your day of health to your specific health and wellness needs. Typical visits include:

Complete Physical Exam and Medical History

- Hearing and vision

Screening Exams and Tests

- Electrocardiogram (EKG)
- Exercise stress test with VO₂ Max
- Pulmonary function test
- Carotid artery ultrasound

Cancer Screenings and Risk Assessments

- Prostate specific antigen
- Hemocult test
- Hemoglobin A1c
- C-Reactive Protein (CRP)
- PAP test (cervical, women only)

Comprehensive Blood Chemistry with Complete Blood Count

- Lipid panel
- Comprehensive metabolic panel
- Urinalysis

Nutrition and Fitness Evaluation

- Body composition (BodPod)
- Functional movement screening
- Meal planning for energy and mental performance
- Nutrition and dietary analysis
- Weight management consultation

Additional tests are available to further personalize your day of health.



Speakers Bureau

AdventHealth'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. AdventHealth'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:

Whole-person Solutions to Living a Happy and Healthy Life

This is your year! Join us as we uncover how CREATION Health—an acronym for Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition—can transform your health and wellness.

Fresh Start:

Bouncing Back from Bad Habits to Form a CREATION Health Lifestyle

Are you overweight and overstressed? Is the only thing higher than your blood pressure your cholesterol? Has your health hit rock bottom, and you feel like it's too late to do anything about it? Then our Fresh Start series is perfect for you. It's never too late to strive for a longer life expectancy and a higher quality of life. The Fresh Start series focuses on transforming your life with simple lifestyle changes to turn your bad habits into healthy ones. Now is the time to start fresh.

Peak Performance:

A Whole-person Approach to Maximizing Your Productivity at Work

Are you tired of the midday slump? Is your office always running out of coffee and running into deadlines? The series Peak Performance combines whole-person health and wellness principles to help you and your colleagues maximize productivity at work. This series features health and performance experts, a registered dietitian and several corporate executives. Don't leave work tired and frustrated when you could depart feeling energized and amazed by all you have accomplished.

Medical Monthlies:

Improve Your Awareness of America's Most Prevalent Health Problems

Perhaps you've just had a health scare, and the first thought in your head is, "It runs in the family." Do you have a family legacy of diabetes? Are you working hard to make sure you don't pass down one more story about a dad with a bad ticker? The Medical Monthlies series follows the national health awareness calendar to highlight America's most prevalent health problems. Get your questions answered from doctors, dietitians, and health and wellness experts on that unwanted family heritage of disease. We focus on preventive health and wellness to help you create a healthier lifestyle. Awareness is step one toward taking a proactive stance on your health and wellness.

Eat Smart:

Eating Smart to Create a Healthier You

Eating smart isn't just about losing weight, and it doesn't mean skipping meals or counting calories. Eating smart means consuming foods that promote a healthier body, mind and spirit without killing your budget. Learn from registered dietitians and nutrition experts how to eat healthier whether you are at the office, at home or planning a holiday meal. Discover how to make healthy choices when shopping at the grocery store or eating out with friends. Eating smart is about creating a healthier you and reducing 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

Whether it's emails, meetings, paperwork or perhaps a co-worker or two, life at the office can often be stressful. Throw in a healthy family and social life, and suddenly you have way too much to do and definitely not enough time to do it. 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 burnouts.

Weight Management

Are you tired of fad after fad that promises to help you lose weight and keep it off? The Weight Management quarterly series doesn't promise miracle weight loss or fast-acting pills. However, what we do focus on is lifestyle transformation. Learn ways to transform what you put on your plate, where you shop in the grocery store and how you think about exercising. Learning to manage your weight is not about temporary fixes, rather it is about adopting a new and healthier lifestyle. Our registered dietitians and exercise experts are excited about helping you take the first steps toward a new and balanced life.

Diabetes Management

Being diagnosed with prediabetes or diabetes can be a scary thing. Maybe your mom or dad suffered from the disease and you are worried you're next. Perhaps doctors have been warning you for years to lose weight and turn your life around before you are diagnosed with diabetes. The good news is, diabetes can be managed. And in many cases prediabetes can be prevented from turning into diabetes. 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

Your heart pumps about five quarts of blood in a minute and beats around 100,000 times per day. We often take it for granted that our heart will just keep beating and beating day in and day out. Heart disease is the No. 1 cause of death in the world and the leading cause of death in the United States — killing almost 380,000 Americans a year according to the American Heart Association. Learn how to recognize symptoms of heart disease and take steps to change what you eat with the help of our medical and dietary experts. Now is the time to get heart healthy.

Pesky Problems Practically Everyone Faces

Do you catch a cold the minute someone sneezes around you? Are you unable to concentrate at work because of back pain? It's not just you—almost everyone faces these irksome health problems at some point in their life. Learn tips from our experts for avoiding these pesky problems that practically everyone faces.

Power to Prevent: Your Health. Your Choice

Just because it “runs in the family” doesn't mean you have no chance, no choice or no hope. Don't take disease lying down. 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 top professionals their secrets for employee empowerment and people management. Their tips and lessons for success will help you shape your role as a leader in the office and help you continue to hone your skills.

Lunch & Learns

Enjoy shorter, digestible topics (no pun intended) while employees bring their own healthy lunch. The following presentations are available:

- The Work-Life Balance
- Budget Bootcamp
- The Power of Willpower
- Take a Stand - For Your Health
- Redefining Fast Food

When you book a yearlong or quarterly series, you can be confident that you will receive instruction on 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.

Leadership & Development

Creating a Healthy Culture

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. Learn what you need to know to manage change, measure value on investment, and garner support for wellness initiatives important for your business.

TOPICS COVERED:

Motivating the Unmotivated

Communicating: Key Factors That Make A Difference

Influencing: Role-modeling Campaign

Achieving: Supporting Health Champions





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

Health care Reform and Wellness

- Historical Timeline of Organized Health care 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

Learn techniques necessary to champion the cause and help you create lasting change within your organization. Uncover how to motivate and recruit Health Champions to help instill and encourage a consistent focus on health and wellbeing as a cohesive 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 Health care 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



WHOLE PERSON WELLBEING

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.

Fitness, Recovery & Nutrition

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.

Massage and Recovery Services

AdventHealth 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.

Step Into Fitness & Health

This 10-week education program teaches participants about the latest research on and benefits of physical activity for optimum health. Learn how exercise can help prevent heart disease, diabetes, obesity, depression, osteoporosis, and other common health problems. Learn key safety principles in physical activity and how to make exercise fun.

TOPICS INCLUDE:

- Becoming More Active
- Cardiovascular Fitness
- Building Strength
- Staying Flexible
- Keeping Fit and Lean
- Exercise is Medicine
- Keeping Exercise Safe & Effective
- Exercising for Bone Health
- Exercising for Mental Health
- Exercising for Longevity

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 each participant's own pace, with simple intervals to prepare you to be physically and mentally ready to complete a 5K.

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 wellbeing.

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!

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

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 featuring healthy recipes and stunning photography. Three different options are available to your organization to suit a variety of nutritional needs.

Taste & Learn 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.

- Roasted Vegetable Quinoa with Tomato and Mango Salad
- Chicken Quesadillas with Jicama and Mango Salad with Lime Vinaigrette
- Cold Moroccan Chicken Salad and Greek Salad with a Twist
- Sauté Ratatouille and Israeli Couscous Salad with Olives, Cucumbers and Tomatoes
- Whole Wheat Pasta with Swiss Chard and Portabella Mushrooms Served with Bruschetta

Health Fair Options

- Trail Mix or Maple Walnut Granola
- Easy Bean Salad
- Israeli Couscous Salad
- Sauté Ratatouille
- Smoothies for Fueling
- Moroccan Spiced Brown Rice

Spine Health

Did you know that back pain is the number one cause of lost productivity in the workplace? Our spine health experts offer 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 Back 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.



WORKPLACE WELLBEING

CREATION HEALTH Employee Experience

CREATION Health is not new to AdventHealth — 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 AdventHealth, the goal of this wellness philosophy is to positively influence all aspects of a person's life in order to nourish the whole person — body, mind 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

We walk you 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.

COURSE FORMATS:

- **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.
- **Train the Trainer (T3)** where we train selected individuals who in turn will train your employees
- **Speaker's Bureau Demo**

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.



WORKPLACE WELLBEING

Overview

Our evidence-based programs are a collaboration between scientists, care providers, researchers, leaders, and employees.

Teaching Formats Available:

- Traditional
- Train the Trainer (T3)

The Stress Recovery Effect Program

Transform your stress from enemy to ally!

Feeling Stressed?



Nick Hall, PhD

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 AdventHealth, 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.



**Dick Tibbits,
DMIN**

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!



Rebecca Robbins, PhD

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.



WORKPLACE WELLBEING

The Trust Transformation

Keys to Building Successful Personal & Professional Relationships



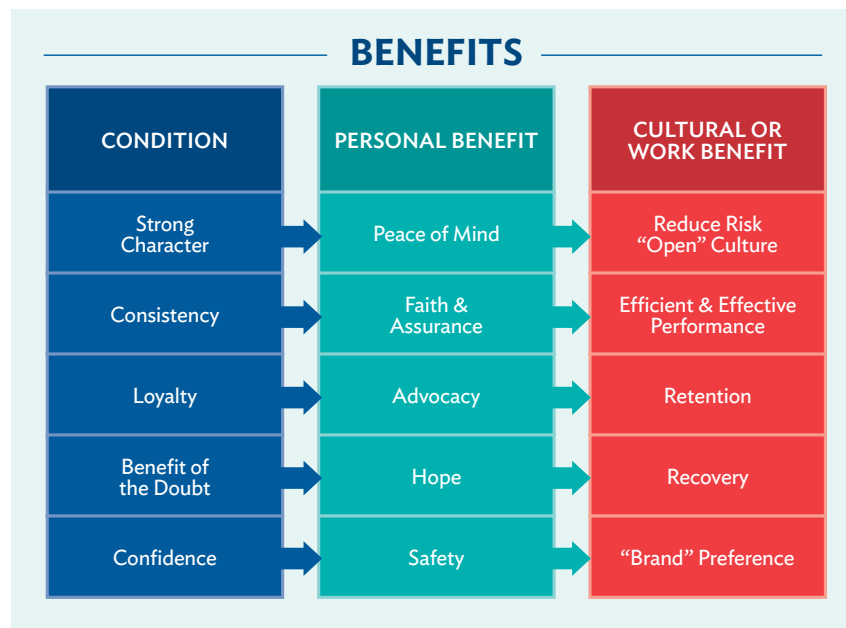
Omayra
Mansfield, MD

Relationships are the cornerstone to success in our personal and professional lives. They are the channel by which we accomplish great things: innovation, growth, change, restoration, and transformation. The TRUST Transformation program will educate and inspire you with critical steps and self-reflection necessary to lead to greater trust in the workplace and in your personal relationships.



Roy Reid

Participants will enjoy a transformative approach in this program for improving relationships to the benefit of oneself and the organization one serves.



We're here for you.

Health Performance Strategies offers many evidence-based programs such as The TRUST Transformation. Our focus is to create and improve the culture of health in your organization through your personal journey.

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 Trust Transformation

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



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 AdventHealth 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 prediabetes, diabetes or tried various diet and exercise programs but have either lost no weight or gained it back.

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.





HEALTH & WELLBEING CONSULTATION

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:

Conference Coordination

Infuse a health and wellness atmosphere for 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!

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

Want to be recognized as a leading health and wellness organization? We can help! We strive to help create healthier employees and stronger communities.

Value on Investment Consultations

Decreased productivity, low morale, increasing health care 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.





CLIENT SAVINGS & LOYALTY PACKAGES

NEW CLIENTS

All new clients who purchase our four-module Health Champion training program will receive 20% savings on our Speaker's Bureau Yearlong and Quarterly series for the first year (from date of signed proposal).

20% SAVINGS

BIOMETRIC PARTNERSHIP SAVINGS

In partnership with AdventHealth Centra Care, any new or existing client who purchases biometrics and an aggregate report will be offered 25% savings on one Speaker's Bureau Quarterly Series of their choice:

- Stress Management
- Weight Management
- Diabetes Management
- Heart Health
- Pesky Problems
- Power to Prevent

25% SAVINGS

AFFINITY PROGRAM

Existing clients who purchase any of our Speakers Bureau yearlong/quarterly series or evidence-based programs (Stress, Trust, Rest, Traditional or Train the Trainer format) will be offered a 20% savings.

20% SAVINGS

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.

Our goal is to create an environment that supports lasting change in the workplace — ultimately making Central Florida a healthier place to live and work.

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 in 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, consultant/brokers, or any wellness stakeholder.

- **Option I:** \$125 per year, per company for up to three people
- **Option II:** \$75 per year for individuals

Ask us about our refer-a-friend benefit to enjoy additional savings. To become a member, please complete our membership form.



CONNECT WITH US

To become a member, email us at HealthPerformanceStrategies@AdventHealth.com.

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

- AdventHealth is recognized by *U.S. News & World Report* as one of America's best hospitals (2017-2018)
- 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 Health care & 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

- National Wellness Institute
- Society for Human Resources Management
- Greater Orlando Society for Human Resource Management

BECOME RECOGNIZED AS A HEALTHY EMPLOYER

Take Your Company to the Next Level with Workplace Wellness

Our team would feel honored to partner with you to help your company become recognized as a healthy employer. We can help you receive similar awards and recognition.

DON'T JUST TAKE OUR WORD FOR IT.

Testimonials

Our program testimonials and program survey results speak for themselves.

“Since forming our alliance with AdventHealth, 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 wellbeing 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 AdventHealth 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.

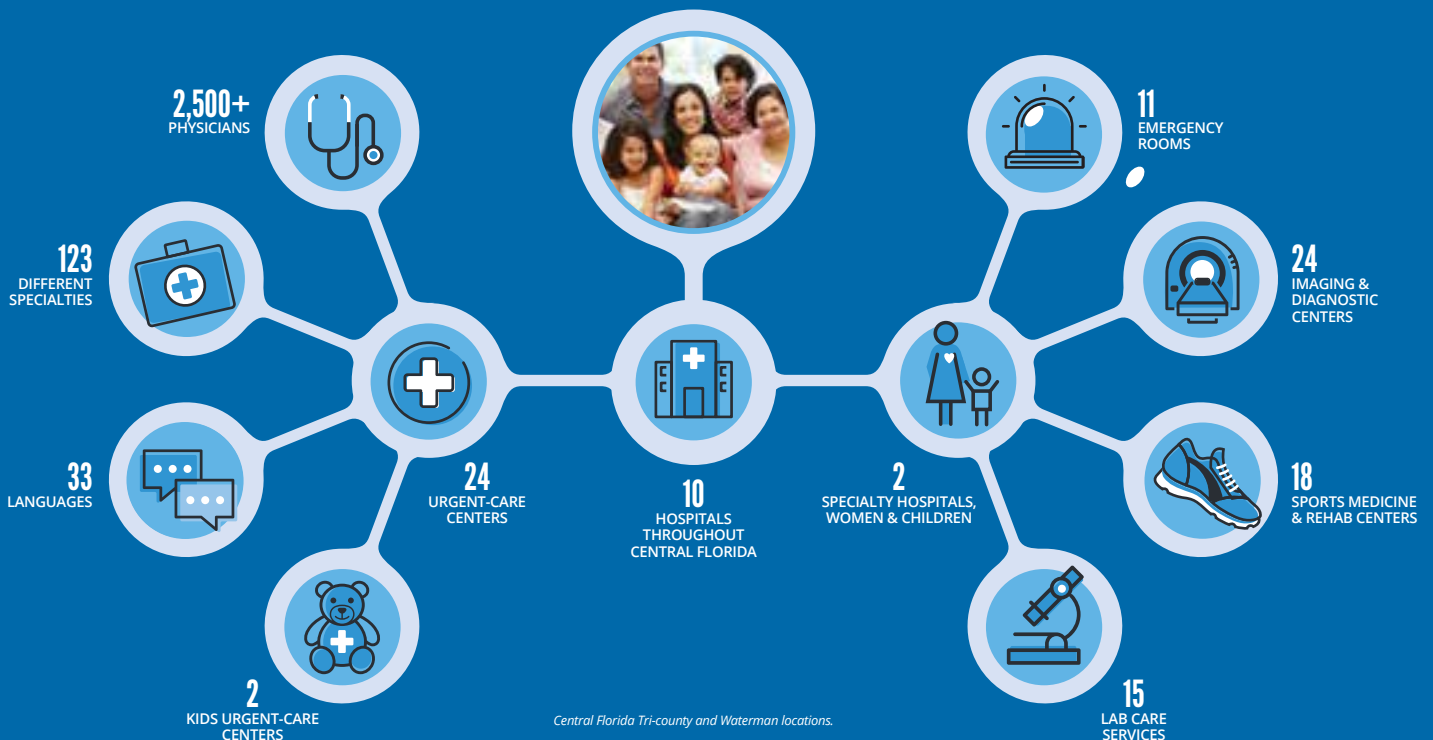


ABOUT ADVENTHEALTH

With a sacred mission of Extending the Healing Ministry of Christ, AdventHealth is a connected system of care for every stage of life and health. More than 80,000 skilled and compassionate caregivers in physician practices, hospitals, outpatient clinics, skilled nursing facilities, home health agencies and hospice centers provide individualized, wholistic care. A shared vision, common values, focus on whole-person health and commitment to making communities healthier unify the system's nearly 50 hospital campuses and hundreds of care sites in diverse markets throughout almost a dozen states. For more information, visit AdventHealth.com.



Central Florida's Care Network



CONNECT WITH US TODAY

407-200-1333 | Health.Performance.Strategies@AdventHealth.com

