



The Scott Lawson Companies

Workforce Wellness LLC: lowering healthcare and workers' comp costs.

Workforce Wellness LLC provides on-site wellness programs and health risk assessments that work to improve the health of employees and their families, and help lower the cost of group health insurance and workers' compensation.



Phase	Individual	Company
Assessment	Health Risk Assessment <ul style="list-style-type: none"> • Medical History • Nutrition • Fitness • Blood Pressure • Body Fat Percentage • Hip to Waist Ratio • Cholesterol (optional) 	Health Risk Assessment <ul style="list-style-type: none"> • Major Health Risks • Health Status • Health Age • Economic Impact
Goals	Coaching Recommendations <ul style="list-style-type: none"> • Improve Fitness • Better Nutrition • Reduce Stress • Quit Smoking • Manage Blood Pressure • Better Back Care • Weight Management • Manage Cholesterol 	Company Goals <ul style="list-style-type: none"> • Improve Employee Health • Increase Employee Participation • Reduce Healthcare Costs • Provide Employee Benefit • Increase Morale • Provide Team Activities
Implementation	Coaching Visits <ul style="list-style-type: none"> • Fitness Assessment and Plan • Nutrition Review • Disease Management • Health Education • Base Line Measurements • Cholesterol Screening • A1C Screenings 	Program Options <ul style="list-style-type: none"> • Health Lectures • Weight Loss Groups • Smoking Cessation Class • Wellness Competitions • Fitness Assessment Clinics • Flu Immunization Clinics • Wellness Fairs • CPR/First Aid • Stretching Programs
Results	Individual Health Goals Achieved <ul style="list-style-type: none"> • Reduced Coronary Risk • Identification of Health Risks • Improved Nutrition • Improved Fitness • Reduction in Stress • Improved Family Health 	Company Benefits <ul style="list-style-type: none"> • Reduced Healthcare Costs • Increased Morale • Lower Absenteeism • Lower Workers' Compensation Cost • Reduction in Employee Turnover



The Scott Lawson Group, Ltd.
Comp-SIGMA Ltd.
Workforce Wellness LLC



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