

## **Does Your Work Place Wellness Program Need a Boost?**

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Work Place Wellness programs (also referred to as employee well-being programs) are more popular than ever. They started out as employee perks for large corporations and included a corporate fitness program. Today well-being programs are common among both medium and small-sized businesses and are now regularly part of a company benefits package.

When done correctly, well-being programs give employees incentives, tools, social support, privacy, along with strategies to adopt and maintain healthy behaviors and chronic disease prevention.

The RX2Live Workplace Wellness program includes a suite of services and products that can be customized to the needs of the employer. This allows smaller companies to gain the benefits and cost savings of competitive programs offered to large employers.

The RX2Live Workplace Wellness Program provides:

- **Workplace Wellness Challenges** with 9 different competitions to choose from.
- **Award-Winning App** written for the workplace that uses technology to create an experience that drives higher participation.
- **Telemedicine** that allows employees 24/7 access to a healthcare professional, 365 days a year.
- **DNA Blueprint Testing** that analyzes the genetic variations which determine how individuals should engage their fitness program for what they should DO, what they should EAT, and what Core Nutrients they should TAKE – all based upon their DNA Blueprint.
- **Other programs** include Thermal Scanning, Weight loss systems, Fitness Coaching, and Chronic Illness Counseling.