Health and wellness companies Top 17

1. Alyfe Wellbeing Strategies

Alyfe Wellbeing Strategies utilizes a whole person approach to employee wellbeing. When individuals discover a deep-rooted purpose for living, they are more likely to take action and find sustained wellbeing. This is the idea behind designing programs that use the power of purpose to motivate employees. With evidence-based solutions that are steeped in best practices and proven design. Alyfe empowers individuals in all aspects of their wellbeing and can do so onsite, online, or telephonically.

2. BSDI

BSDI is an award-winning leader in health promotion technology located in Califon, NJ. With a focus on advanced web technologies and sophisticated data analysis, BSDI has proven attractive to progressive corporate, government, hospitals/health systems, brokers, wellness consultants, fitness professionals, commercial health and wellness facilities. They take pride in 25 years of experience producing feature rich, flexible technologies that cultivate daily lifestyle habits to improve population health. Click here to request a demo.

3. CHC Wellness

Based in Chicago, CHC engages high-performance companies in a partnership to understand the health-and-work behavior equation. CHC Wellness provides proven strategies to manage controllable health risks, therefore reducing health care cost, improving employer productivity and decreasing the demand for health care services. Their solutions are driven by the analytics of population risks and behaviors. To learn more about their proprietary solutions to common health risk factors in a workforce click here.

4. CoreHealth Corporate Wellness Platform

An all-in-one corporate wellness platform trusted by wellness providers for 2+ million employees worldwide. CoreHealth brings all corporate wellness programs into one place. Health assessments, biometric management, education, challenges, self-help programs, coach facilitation, incentives, surveys, social networking — and more. CoreHealth powers wellness programs for corporate wellness companies, insurers and their wellness divisions, health coaching companies, employee assistance providers, group benefits brokers and human resources consulting firms. Visit the CoreHealth website.

5. Corporate Health Partners

This unique wellness company focuses on three main components: assessment, culture building, and getting results. CHP does not take a "one-size-fits-all" approach.

Participation is guided, progress is tracked, and ROI is measured—for both the health of the employee and your company. They go beyond the virtual programs favored by other wellness providers, offering committed personal coaching at your worksite. To learn more click here.

6. Extracon Science LLC

Extracon's programs work with your employee's doctor, and the smartphone in the employee's pocket, to deliver better prevention and real lifestyle change. The programs are designed to reward employees who work with their doctor to improve biometrics and close prevention gaps. Extracon focuses on same-year improvements, instead of waiting for the next year's screening. Their programs also include app-based tracking of steps and weight, with rewards for employees who make validated changes in lifestyle. Click here to visit their website.

7. Limeade

Inspires change by addressing health, well-being, and performance all in one platform. Drive organizational change by addressing core business goals and individual employee needs. They tailor the platform so your program reflects your strategy with targeted rewards, communications and challenges. This gives you one place for all of your health, engagement, and culture-building initiatives. How it works: let employees set their vision, foster awareness, inspire action, and see results. Read more here.

8. Mayo Clinic Healthy Living Program

No other wellness center or program can compare to the Mayo Clinic Healthy Living Program. With clinical research from Mayo Clinic experts, this comprehensive wellness program enhances mental, physical, emotional, and spiritual wellbeing. They offer ongoing research, personalized experience, expert guidance, and certified wellness coaches. The Healthy Living Program is located in the Dan Abraham Healthy Living Center on the Mayo Clinic campus in Rochester, Minnesota. This beautiful seven-story facility is dedicated to making a healthier world—starting with you. It was designed to offer you a unique combination of luxury and wellness. To learn more about what they have to offer click here.

9. Sonic Boom Wellness

With the widest variety of energetic activities, Sonic Boom is the first and only wellness engagement company committed to improving members' daily health habits. Boasting the most high-tech (and proprietary!) activity-tracking software on the planet, the program is fun and socially contagious—driving massive, sustained participation among even the most hard-to-reach employee populations. Disrupting the "traditional" concept of wellness since 2007, they're the innovative market leader in challenge variety, customization, incentive-management flexibility, and Total Client

Happiness[™]—all in support of the mission to drive small yet meaningful health-habit improvements for life. See more on SonicBoom here.

10. WebMD

We're <u>WebMD Health Services</u>, part of the WebMD family, and we've been designing well-being programs for employers and health plans for over 20 years. We take a thoughtful and personal approach to well-being. Our strategic partnerships, services, and solutions empower organizations to create a well-rounded program that's built into their culture, offering their people the personalized tools and resources they need to achieve real results: better health, better happiness and better well-being for all.

11. TotalWellness Health

No matter how large your organization might be, TotalWellness can offer customized health and wellness services that help you deliver better programs to your employees. Services include biometric screenings, flu shots, and wellness services. Using TotalWellness you'll see a decrease in employee absenteeism and increases in productivity, safety, and focus. Plus, they'll become better moms and dads, improved contributors to their communities, and help drive enhanced outcomes for your bottom line. Read more here.

12. US Corporate Wellness

Services tailored to your needs and goals. Whether you have thousands of employees or just a handful, they have the solutions you need to be successful. US Corporate Wellness is one of only 9 select firms to earn full accreditation through URAC as a Comprehensive Wellness Provider. This provides you with a higher level of confidence that your personal recommendation will stand tall. Learn more about US Corporate Wellness.

13. Virgin Pulse

<u>Virgin Pulse</u>, the leading provider of technology solutions that promote employee engagement and wellbeing and a part of Sir Richard Branson's Virgin Group, helps employers create workforces that are happier, healthier and ultimately more productive. The company's modern, mobile first platform delivers a personalized user experience. By helping employees thrive at work and in all aspects of life, Virgin Pulse is one of the largest corporate wellness companies.

14. Vitality

Better health, lower costs? That's what Vitality delivers. Does your company want healthier, happier employees and a better company health plan bottom line? The Vitality wellness program is built to continuously inspire, motivate, and reward employees to live their healthiest life. Vitality members come to know about their

current health status, then get going with activities that improve health and lifestyle behaviors and unlock a series of positive rewards. Learn more about the Vitality approach to positive, measurable and lasting change here.

15. Wellness Corporate Solutions

Wellness Corporate Solutions is a state-of-the-art provider of biometric screening services and comprehensive wellness programming. They create customized, high-touch annual programming that emphasizes health education and promotes lasting behavior change. These also include health coaching, 8 week long campaigns, wellness challenges, and much more. Check out Wellness Corporate Solutions here.

16. WellRight

WellRight is a complete wellness program platform that powers custom tailored, positive habit-forming employee wellness programs. WellRight offers all the essentials: health risk assessment, group challenges, personal challenges, custom activities, biometrics, health coaching, university, rewards engine, and reporting. How each of these are incorporated into your wellness program is entirely your choice, although their team will coach you on best practices towards a successful outcome for your organization. Explore more about WellRight.

17. WellSteps

<u>WellSteps</u> corporate wellness solutions are guaranteed to reduce employee health care costs and improve employee health. As the winner of the latest Koop Award, the WellSteps wellness platforms have been identified as the nation's most effective corporate wellness program. With so many wellness vendors to choose, from why not demo the one that has been identified as the nations' best. <u>Schedule a WellSteps demoright now</u>.

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