



FAQ CORPORATE WELLNESS

WHY DO I NEED A CORPORATE WELLNESS PROGRAM WITH OFS?

Happy and healthy employees make for a fun and productive work environment and also affect your bottom line. We use exclusive, proprietary programs that are backed by cutting edge science to keep your employees engaged and pursuing their health, wellness, and mental health goals. You want and need a competitive edge over your competition; offering a great wellness program puts you ahead of the game! Show your existing, and potential employees how much you care. Please see our Corporate Wellness fact sheet for more information

HOW IS OFS DIFFERENT THAN OTHER CORPORATE WELLNESS PROGRAMS?

Engagement is the key to compliance, and compliance is what affects change and lasting results for all of us. It is our mission to provide fun and effective sessions and opportunities for employees to engage in a variety of modalities that promote well-being. A foundational piece to our programs is providing multiple opportunities for engagement each month. We don't use gimmicky apps that don't work. Your wellness program shouldn't include a health fair and a sponsored fun run once a year.....at OFS our entire team is dedicated to you and your employees and will be in contact with you frequently to help you attain your goals.

WHAT DOES IT LOOK LIKE TO START A WELLNESS PROGRAM WITH OFS?

All of our wellness plans are highly customizable and offer various programs that fit the specific needs of your organization. Each plan starts with our exclusive initial onboarding program that includes:

1. Site visits to assess workplace ergonomics, biomechanical evaluations, and review of job functions for safety and potential hazards for overuse or repetitive trauma injuries.
2. Extensive employee metrics and interview process- we provide proprietary, HIPAA compliant, OFS surveys, questionnaires, face to face, and telehealth meetings to gather information related to health, wellness, diet, sleep, job satisfaction, mental health, orthopedic injury, and other pertinent topics as determined by OFS staff.
3. Orthopedic and general health evaluation- medical chart initiation, medical history review, full body orthopedic evaluation/ screening with Dr. Nordell, weight, BMI, blood pressure, flexibility, and balance assessments included.
4. Nutrition evaluation- individualized, comprehensive evaluation from our certified nutritionists.

DO YOU HAVE OPTIONS FOR ALL MY EMPLOYEES?

We have specific plans that can include your entire organization, or just your executive team, the choice is yours!



FAQ CORPORATE WELLNESS (CONTINUED)

WHAT IS INCLUDED WITH EACH PLAN?

Each program starts with our initial onboarding plan as outlined above. At OFS we believe that the key to a successful wellness program is employee engagement and participation. We provide lots of opportunities for your employees to engage with us each month through various on-going contacts that make it easy and fun to stay engaged and see personal progress that leads to life-altering results.

WHAT ARE SOME OF THE BENEFITS I CAN EXPECT WITH THE OFS PLAN?

Large volumes of research exist analyzing the benefits of a robust and effective wellness program, and we know that our program stands out among the competition! Increased morale, reduced absenteeism, increased productivity, increased job satisfaction, reduction in healthcare costs and medical claims, avoiding workplace burnout, increased loyalty, and increased employee retention rates are some of the benefits you can expect.

WHO ARE THE STAFF THAT WILL BE INTERACTING WITH MY EMPLOYEES?

Dr. Nordell, Orthopedic & Fitness Solution's founder and CEO, works hands-on with each group, and also leads a team including certified nutritionists, yoga/ meditation instructors, personal trainers, and health coaches.

WHAT ABOUT PRICING OPTIONS?

We have gold and silver package options, and options exclusively for executive/ upper-level management teams or your entire office staff. We pride ourselves in working with you to develop the right package for your needs. Each plan includes a 1-year contract of engagement, outlined specifically for your needs with payment plans or payment in full options at discounted rates.

HOW DO I GET STARTED?

Call or email us to find out more! We'll outline a Corporate Health and Wellness proposal specifically for you, free of charge!