

# Battle Ready Workplace Wellness

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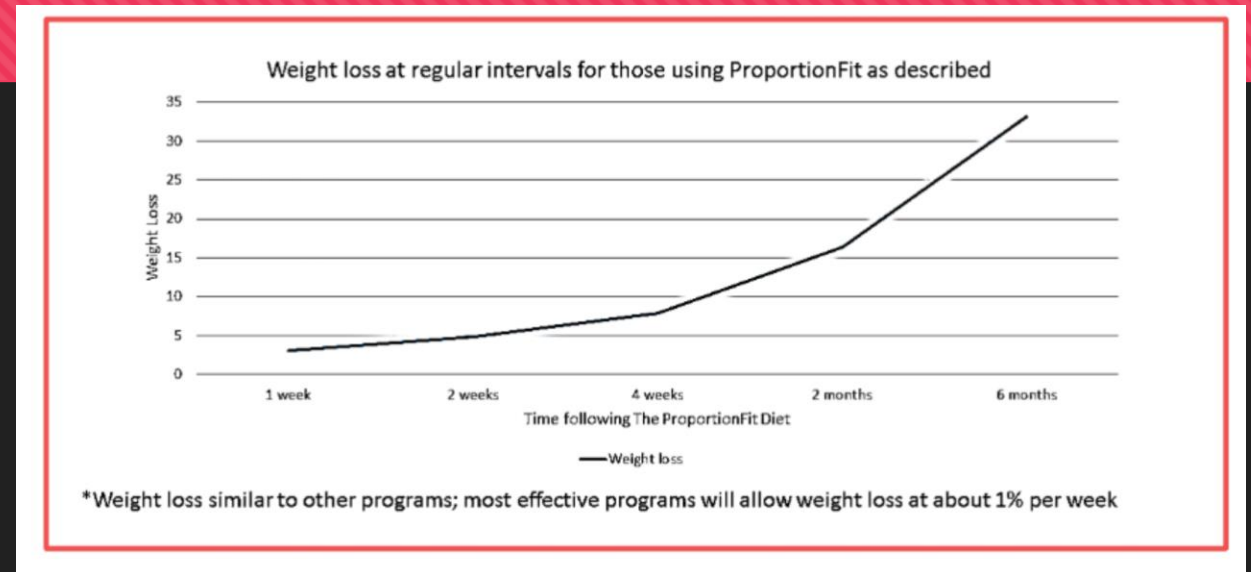
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# Why Workplace Wellness?

- Increase productivity
  - A happy employee is more productive
  - A healthy employee is more productive
  - A happy, healthy, grateful employee is even more productive
- Save money
  - Decrease medical expenses
  - Decrease absenteeism
  - Obesity and overweight costs \$1000s annually compared to normal weight individuals
  - Increase productivity
- Improve morale
  - Show employees that you care
  - Physical health linked to mental health
  - Create camaraderie among employees—shared experiences become water cooler and lunch room conversation
- Lifelong change and cultural shift to better health
  - Becomes part of your business identity

# Why ProportionFit and Battle Ready?

- Proven results
- Full service
  - Health kit
  - Introductory meeting
  - Follow up coaching
  - Individualized plans
  - Results tracking
  - We handle everything
- Economical
  - Least expensive option for level of service provided
    - Average cost for Workplace Wellness program is \$762/employee
    - Costs related to program almost guaranteed to be offset by improved productivity and decreased absenteeism
  - Option for employee incentives and cost-sharing
    - Have employees pay part of the program cost to improve retention and participation
    - Studies show that success linked to investment in the program



# What is "Battle Ready Workplace Wellness"?

- System for weight loss, fitness, and improved health
  - Controllable HEALTH has two primary pillars:
    - Weight
    - Fitness
  - WEIGHT is defined by the QUANTITY and QUALITY of food consumed
    - We teach your employees how to control this process and get to a healthy weight or maintain a healthy weight
  - FITNESS is defined by the QUANTITY and QUALITY of exercise and activity performed daily and weekly
    - We teach your employees how to incorporate fitness into their lives, meeting them wherever they are starting from
  - Most importantly, we teach lessons that last a lifetime and make our services obsolete! We're not here forever and are not here to sell you failure. We teach change, implement change, and perpetuate change so it becomes self-sustaining.
  - We help build the **ARMOR of better HEALTH!**

# The one and only Battle Ready Health Kit



# Details, please?

- Battle Ready Health Kit provided to each employee at workplace
  - Employer distribution event recommended, as determined by employer
    - Distribution event creates excitement, camaraderie, and improved compliance
  - Alternatively, kits can be mailed to individual employee's home address for additional \$20 each
- Introductory (recorded, but custom branded) instructions regarding health kit
  - Email contact made with group from Battle Ready coach
- Follow up individual virtual (Zoom) meeting within ONE WEEK after employees are given Health Kits
  - Allows adequate time to read book
  - Set up individual plans
  - One-on-one meeting with Battle Ready coach regarding weight loss and fitness plan
  - Up to 30 minutes each
- Group meeting (virtual) at two weeks after plan implementation
- Individual (virtual) meetings as needed, with email coaching throughout
  - Up to one individual coach virtual meeting per employee per month
  - Unlimited email coaching
- Wrap up GROUP meeting (virtual) at conclusion of program
- Results tracking through duration of program with end of program success report (no individual identifiable data)

# Costs?

- All programs include a branded introductory video, resources described in previous page and two month follow up:
  - For 1-9 employees, \$250 per employee
  - For 10-24 employees, \$220 per employee
  - For 25+ employees, \$199 per employee
- For three month program, add \$30 per employee
- For six month program, add \$100 per employee
- Add-on options, per employee:
  - Fitness tracker, \$30
  - Exercise bands \$30
  - Jump rope \$10
  - Bundle (all 3): \$50

# Questions?

