

Wellness Program Pricing

6-Week Smoking Cessation Program: No Charge

Program Includes:

- PCHP advertises for you providing flyers and hand-outs to insert in paycheck envelopes—several weeks prior to initial meeting.
- Implementation Meeting —
 - *Information session for potential participants about our program and outline goals*
 - *Offer 3-4 meetings for accessibility to employees*
 - *Sign-up sheet following meeting*
- Set-up a schedule for classes
- Each week participant receives hand-outs and curriculum (folders provided at first session)
- 4th week — “goodie pack” — with behavioral modification alternatives (stress ball, candy)
- Participants must pick a quit date during the 6-week session

Follow-up:

After the 6-week session, graduating participants will receive monthly “Pit-Stop” information flyers for up to one-year. These are provided by PCHP to employer groups to distribute to program graduates.

12-Week Transitions to Wellness weight loss and lifestyle management: Call for fee information.

Program Includes:

- PCHP advertises for you providing flyers and hand-outs to insert in paycheck envelopes—several weeks prior to initial meeting.
- Introduction to *Transitions* —
 - *Information session for potential participants about our program and outline goals*
 - *Offer 3-4 info. sessions for accessibility to employees*
- Determine class meeting time and location: each class lasts approx. 1 hour.
 - Set-up schedule to collect biometric data from each participant
 - Have participants sign complete weight loss questionnaire and PAR-Q form
- Each Participant will receive:
 - *Pedometer*
 - *3-ring binder with lessons for each week*
 - *Calorie Counter book*
 - *Weekly*
 - ◆ food journal
 - ◆ hand-outs
 - ◆ weigh-In

HEALTHY *directions*

Wellness Seminars

30-minute Information Sessions: No charge

- How lifestyle impacts health care costs. Specific to each company's Population Health Report & overview of claims data. (30-minutes)
- PCHP's Case Management: What do they do, and how will it benefit me? (30-minutes)
- Preventative Care: How does it impact my health? (30-minutes)

30-minute to 1-hour "Lunch & Learn" Seminars: Call for fee information*.

- Letting Go of Stress: Coping with change at the worksite
- The 5 Smartest Things You Could Ever Do
- 10 Lies About Health and Wellness
- Getting Active: Changing Health Behaviors for the Better
- A Good Night's Sleep: Stress, Insomnia, and Work Productivity
- Living Well: Taking steps toward a healthy life
- Staying Healthy: How nutrition & exercise can impact your life
- The Truth about Nutrition
- Preventing Diabetes
- Hypertension
- Cholesterol Maintenance
- Back Health

1-Hour Nutrition Session: Call for fee information.

- Healthy Cooking How-To's (10-15 participants)

Wellness Counseling: Call for fee information.

Wellness coordinator or R.N. available for the day for employees to set-up 15-minute appointments to discuss wellness and preventative goals.

* For orders of 3 or more sessions there will be a 20% discount.

