

OnSite Wellness is committed to offering quality programs and services that support employer business strategies and employee health and well-being. The wellness that results from embracing healthy lifestyles will enhance employees ability to be more productive and exceed work expectations, as well as meet personal challenges and goals.

What we believe...

PEOPLE: An asset worth investing in.

PREVENTION: Keep people healthy by encouraging them to make healthy lifestyle choices and to properly manage current health issues.

UNIQUENESS: We recognize the diversity of each organization and customize our services to embrace their uniqueness and focus on their organizational goals.

EXCELLENCE: We expect it. We deliver it.

INTEGRITY: Our relationships are built on mutual honesty and respect.

CONFIDENTIALITY: We value every individual and respect everyone's privacy.

FUN: We celebrate life!

"OnSite Wellness helped us get our wellness program off the ground and has continued to give us ideas, develop programs and promote the program internally. They are very receptive to our needs. Because they work with us so closely, our employees get to know them and they know our employees. We have had a lot of success with our wellness program because of their people, their knowledge and their resources."
Melody Herman - Human Resources,
Hamilton Farm Bureau

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corporate wellness programs

*"Keeping your
employees healthy
is our business"*

OnSite Wellness offers a comprehensive program for your employees

OnSite Wellness helps companies develop a wellness strategy and program to fit their unique needs. From small to large organizations, our team can provide a range of wellness services including consulting, individual coaching, and comprehensive on-site programs. Wherever an organization is on the wellness continuum, OnSite can meet its needs and help reach the next level of employee wellness.

OnSite Wellness' fundamental belief in "keeping healthy people healthy" leads us to offer comprehensive wellness programs based on:

- **Activity** - being active prevents many diseases, helps you feel good, and makes you strong so that you can perform your everyday activities easier. Your employees activity level has a big impact on their overall health.
- **Nutrition** - eating healthy is vital to good health. It is also something that many people find difficult to do. Our wellness programs and staff will help your employees understand what eating healthy is all about and challenge them to make healthier food choices.
- **Physical Health** - our program encourages employees to take charge of their health by having regular physical exams and screenings as recommended for their age and sex. Opportunities for on-site health assessments and screenings are available.

Bonafide Wellness Programs - The OnSite team has a rich and diverse background in developing and integrating health and wellness strategies into a company's benefit program. The result of integrating health and wellness into the benefit strategy provides heightened awareness of lifestyle choices, leading to increased ownership of individual health and the associated costs.

OnSite's wholistic approach provides the foundation for a variety of services and programs developed to cover the continuous range of health and wellness needs. We offer worksite wellness programs at the times most convenient for employee participation. The programs and services offered are determined by each worksite, creating a wellness program to meet the unique needs of the company and their employees.

An integrated program - To fully impact your employees' health, it is necessary to partner with the other areas within each organization that also affect health. OnSite will work with departments, such as your occupational health, safety and benefits, to make sure our wellness services compliment and coordinate with the company's total health care strategy.

The OnSite Wellness Team:

Mary Kline, Owner, Account Manager
Amy Ritsema, Owner, Account Manager
Ludie Weddle, Registered Dietitian
Trisha Bates, Wellness Account Rep
Tina Asma, Wellness Account Rep
Kaitlin Bennink, Wellness Account Rep
Erin Dewey, Instructor, Massage Therapist
Kelly Buist, Office Assistant

Our team has expertise in wellness design, development, implementation, management, and consulting in the following areas:

- Wellness Incentive Programs
 - * Bonafide programs
 - * Participation based programs
- Health and Wellness Strategic Planning
- Exercise & Activity Programs
 - * Educational classes
 - * Group exercise classes
 - * Activity challenges
 - * Fitness facility management
 - * Recreational events
- Nutrition Programs
 - * Education & cooking classes
 - * Nutrition challenges
 - * Weight management
- Health Education Programs
 - * Self care classes
 - * Stress management and relaxation
 - * Personal growth
- Wellness Coaching
 - * Individual health behaviors
 - * Individual exercise programs
 - * Individual nutrition counseling
- Disease Management Programs
 - * Diabetes
 - * Cholesterol
 - * Blood pressure
 - * Tobacco cessation
- Health Screenings and Assessments
 - * Blood pressure
 - * Cholesterol and glucose
 - * Body composition and weight
 - * Fitness testing
 - * Lifestyle questionnaires