



# Mobile Wellness Services

Mobile Wellness Services can be customized to each workplace. Attendance of 20 employees minimum must be met to receive Healthy Lifestyles mobile wellness services.

## Movement Activities

### Yoga 30, 45, 60 mins.

A guided yoga session to give your mind a rest and rejuvenate your body. Yoga is for everybody and modifications are provided so all employees can enjoy.

### Zumba 30, 45, 60 mins.

Fun and energetic dance aerobics that fuses Latin rhythms and international zest. Low and high-impact options are available.

### Pickleball

Got a large room or parking lot? We bring this fun and social game to your workplace.



## 101 Sessions

### Healthy Lifestyles 101

An information session on how to utilize the employee wellness program and earn incentives.

### WellSteps 101

An information session on the features of the WellSteps app including logging points, creating challenges, and tracking activity.



## Mental Health

### Mindful Moments 20-30 mins.

Take a break with a guided meditation to reconnect with your senses and reduce burnout and manage stress.

### Question. Persuade. Refer (QPR) 90 mins.

QPR teaches employees how to recognize the warning signs of suicide and provides guidelines on how to: Question a person about potential suicidal thoughts, Persuade them to seek help, and Refer them to appropriate professional services. Note: Only up to 35 employees can attend at a time.

### VEST Employee Assistance Program

Learn the services provided by VEST to enhance your employees mental health including: 24/7 Care Center, online courses, counseling, financial consultations, legal consultations, and a personal mental health concierge.



## Field Trips

### Grocery Store Tour

Learn the ins and outs of making healthy choices in every aisle during a dietician led store tour.

### Guided Walk, Hike, & Snowshoeing

Bond with your team and get outside for a guided walk, hike, or snowshoeing adventure.

## Wellness Workshops

We offer a broad range of classes that give you the skills to take charge of your health and wellness. Tailor wellness workshop topics to your employees.

Resolution Solution  
Stress

Gratitude  
Finding Happiness  
Communication  
Physical Activity

Deskercises  
Intuitive Eating  
Nutrition on the Go  
Nutrition on a Budget

Grocery Shopping  
Social Wellness  
Cultivating Connection  
Team Building

Preventing Diabetes  
Heart Health

Beyond Weight Loss  
Media Literacy  
The Nature of Hope  
Atomic Habits

Social Media Impact  
Suicide Prevention  
Anxiety  
Work-Life Balance

Mindfulness  
Burnout  
Self-Care  
Sleep



## Coaching

### Health Coaching

Schedule a half or full day for a health coach to be onsite at your location to provide participants with a space for strategies for wellness goals.

### Financial Coaching

Schedule a day for employees to meet with a financial wellness coach to provide guidance on reducing debt, lowering loan rates, creating a budget, and much more.

### Dexa Body

Dexa Body provides employees with a bone density, muscle mass, and body composition scan followed by a results consultation. Dexa requires a 16-client minimum for a half-day event (4 hours) and a 25-client minimum for a full-day event (8 hours). HSA or FSA cards are accepted for the scan.