

# WELLNESS Services

*Improving wellness, injury rates, and your bottom line*

Recent government research shows a clear relationship between Body Mass Index and the risk of a workplace injury, the cost of the injury, and the number of lost work days. The simple fact is employees with fewer healthy habits will drive not only higher medical expenses, but higher injury rates. Atlas combines early intervention or on-site therapy services with a wellness program to provide a total solution for you and your employees.

## We Start With Numbers

All successful businesses know that if you want something to improve, measure it. Wellness success is no different.

We start with numbers. We set up our on-site clinics to acquire biometric data, including BMI, blood pressure, cholesterol, glucose, and triglycerides. As an option we will also have employees complete a health risk assessment.

This data is critical – critical for both employees and Atlas to understand who is at high risk and who needs support.

## We Tailor Our Approach

As part of our commitment to employee wellness, Atlas delivers a full range of services designed to help your employees lose weight and adopt health lifestyles. For high-risk employees, services are provided one-on-one. For low- and moderate-risk employees, we provide general education materials and answer any questions they may have.



## We Provide Easy Access

Our on-site professionals work where your employees work. By doing so, we help eliminate both physical and psychological barriers to participation and success. Your employees already know we are there to keep them safe; we just take it one step further.

## We Offer Options

Atlas wellness services are designed to match your specific needs. We can keep it simple or involve other partner organizations who can assist with benefit design, web-based education, and higher levels of employee coaching. Regardless of scale of your need, we coordinate delivery of resources to help your business stay on track.

## Nationwide Network

No matter where you live, Atlas is there. We have teamed with a select group of the best healthcare professionals across the country. Chances are there's an Atlas professional in your community. It's our commitment to keeping your people injury-free and your business on track.



**We can help you build a wellness program and reduce injuries at the same time.  
Give us a call or email us.**

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