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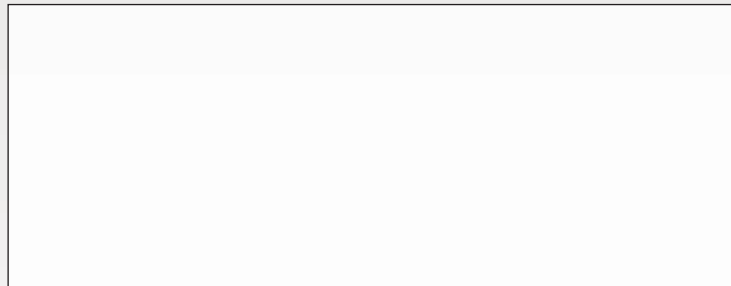
Thrive Corporate Wellness Program Educational Modules

Module	Benefits
Nutrition	<ul style="list-style-type: none"> Weight management and increase employee energy.
Flexibility	<ul style="list-style-type: none"> Significantly reduce risk of employee job related injury and trauma, decrease and or eliminate daily bodily aches and pains.
Cardiovascular Conditioning	<ul style="list-style-type: none"> Significantly reduce the risk of cardiovascular disease and chronic conditions. Aid in weight management.
Muscle Balance and Strength	<ul style="list-style-type: none"> Overcome postural and muscular deviations. Significantly reduce the risk of job related injury, trauma and costly surgeries.
Proprioception	<ul style="list-style-type: none"> Increase motor function, improve balance and reduce job related injury and trauma.
Kinematic Evaluation	<ul style="list-style-type: none"> Ergonomic correctness, prevention of joint, ligament and tendon breakdown. Decreased exposure to injury. Custom workplace movement solutions.
Emotional Well Being	<ul style="list-style-type: none"> Significantly improve stress management, communication, job performance and workplace morale.



The **Thrive Corporate Wellness Program** is a **MUST HAVE** solution for any employer and company wanting to ensure its current and future success!

Contact Thrive today to schedule a FREE in depth consultation and begin allowing your business and your employees to Thrive!



Thrive Corporate Office

7412 Elsie Avenue, Suite 100, Sacramento, CA 95828

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CORPORATE WELLNESS PROGRAM

Real health and wellness solutions.

Real results.

Allow your business and your employees to **THRIVE!**



The Thrive Corporate Wellness Program is a comprehensive and complete corporate wellness solution for your company;

- FREE in depth, corporate wellness consultation to address your company's exact needs.
- Excellent annual pre and post health screenings that produce significant data and a clear course of action for your company.
- World class educational modules taught by elite health and wellness experts.
- Sustainable training, accountability and support programs to ensure your employees ongoing success.
- Effective tracking systems and measurable results to ensure your optimal value and return on investment.



Tired of costly health insurance premiums, expensive workers comp cases & low productivity due to unhealthy employees?

It's no secret that in today's society employees are showing up to work sleep deprived, malnourished, dehydrated, stressed out and with daily aches and pains making it difficult if not impossible to perform at their best.

As employers and business owners it is vital to the success and longevity of your business that you are proactive in helping your employees be healthier and function better.

With the Thrive Corporate Wellness Program your company and your employees will be fully educated and trained in sustainable health and wellness. The results being;

- **Improved health insurance premiums**
- **Significantly decreased risk of job related injury and trauma**
- **Decrease of workers comp cases**
- **Increased employee productivity and efficiency**
- **Improved financial stability for your company**
- **Happier and healthier employees EVERYDAY**

Thrive Annual Pre & Post Health Screening

The Thrive health screening process includes thorough testing and assessment of; blood pressure, resting heart rate, body fat percentage, flexibility/postural deviations and much more. Also included is an in depth health survey, assessment and individual consultation. The Thrive health screening process provides true and accurate health data for each of your employees. **This process is affordable, time efficient and allows for a clear, effective and customized corporate wellness solution to be created for your company.**

Following the health screening, **THRIVE will conduct world class, health and wellness educational modules. These modules** provide your employees with the knowledge, training and programming they need to begin addressing and improving the specific health issues exposed within the health screening. Your company can choose one module specific to your immediate needs or take advantage of all the modules and ensure your employees' optimal and sustainable health and wellness throughout the year.

How each module works...

Each module is a single subject, 30 day program. All modules include;

- **A live educational seminar** conducted by one of Thrive's world class health and wellness experts. This is a 1.5 – 3 hour seminar that is highly educational, interactive and fun!
- **Employee pre-testing**
- **General programming for each participant:** Each individual will receive Thrive's exclusive hard copy materials for individual programming. These materials will be kept by each participant and used for record keeping and analysis of personal progress and results. This allows for every participant to maximize their efforts of achieving sustainable health and wellness while at work and at home.
- **Bi-weekly support and accountability:** Throughout the program a bi-weekly support and accountability session will be conducted via conference call or webinar. These sessions are hosted by one of our Thrive expert health and wellness professionals. These sessions allow for group feedback, in depth Q & A, revised programming and ongoing support and accountability.
- **End of module survey & results**
- **Employee post-testing**
- **Feedback forms**
- **Group and individual acknowledgements**
- **Group and individual rewards**