



ODS Well@Work Worksite Wellness Consulting Team

For all of your workplace wellness needs, the ODS Wellness Consulting Team is here to help. Best of all, the team's support is built in to the services that you already receive from your most valuable healthcare partner — ODS Health. You can decide on how much we get involved with your wellness programs — hands on or off, it's your choice. We're here to help you meet your organization's health goals. The ODS Worksite Wellness Consulting Team can tailor our services for your unique needs and provide advice and resources to help you implement your vision.

Why invest in a healthier workplace?

The workplace has a significant impact on the health and well-being of employees and their families — from the foods offered at meetings to break-time activity options. Healthier work sites support individuals who are adopting healthier lifestyles and habits. Workplaces that combine wellness programming with a built-in healthy environment will see greater improvements in employee health. Better yet, wellness initiatives tend to create healthier trends across the organization. As some employees participate in the program, peers who watch from the sidelines will begin to make healthier choices, too.

Complimentary wellness planning meeting

Get started by contacting your ODS account representative to schedule a wellness planning consultation meeting. We also offer the [ODS Well@Work tool kit](#) for groups who want to chart their own wellness journey.

What you can expect

At this complimentary meeting, the ODS Worksite Wellness Consulting Team will:

- Explore your organization's experience with wellness programs such as weight management, smoking cessation, health coaching, maternity care and physical activity promotion
- Make observations based on the unique needs of your work environment and your employees' health risks
- Recommend valuable services, programs and resources based on your organization plan design and funding type

In addition, as a fee-based add-on, we can take care of certain standalone aspects of your health awareness program.

Effective workplace wellness strategy

Your ODS account team can work with your organization to:

- Assess your organization's current level of wellness, including physical surroundings, policies and leading health-risk drivers
- Identify potential plan design opportunities, wellness gaps and effective strategies
- Work with you to set measurable goals for improving employee health
- Partner with you to create a detailed wellness plan that addresses your priorities

Healthier work site food choices

An ODS health coach or registered dietician can work with you to:

- Assess your workplace food services, including cafeterias, vending options and food served at meetings
- Suggest priorities and measurable goals for healthier eating practices
- Evaluate restaurants and food shops near your workplace to determine the healthiest choices
- Provide information on how simple changes to food choices can influence healthier eating

Contact your ODS account representative

For more on how ODS Well @Work can help your organization or to schedule a wellness planning meeting, contact your ODS account representative today.