



Corporate **Health Partners**  
**Onsite**  
**Culture-Building**



### Getting down to business

If you're currently involved in a wellness program but the benefits aren't there and employees remain indifferent, CHP can help. We understand that a culture of wellness cannot be commanded - it must be cultivated. That's where Onsite Culture-Building comes in. By bringing coaches, competitions, classes and more directly to your workplace, CHP makes health a priority and keeps wellness top-of-mind. The year-round programming helps produce lasting changes, making your company stronger as employees become healthier.



Within our Onsite Culture-Building option, **CHP** will create, implement and manage your wellness program.

### Estimated Costs

16 hours and up to  
2 - 4 visits per month - \$1,600

30 hours and up to  
4 - 6 visits per month - \$2,700



[info@chp-inc.com](mailto:info@chp-inc.com) | 888 519 4439  
[www.chp-inc.com](http://www.chp-inc.com)

## The CHP Onsite Culture-Building Option Includes:

- **PLAN DESIGN** - Incentives, time and resources for wellness are valuable. We ensure none are wasted through a customized calendar of events and implementation timelines.
- **WELLNESS TEAM** - Employee participation increases when they're given a voice. We'll charter a new wellness team or nurture an existing one through structured onsite guidance.
- **HEALTH COACHING** - Educate, inspire, and hold participants accountable to goals set during "mini" sessions.
- **COMPETITIONS** - Feed the competitive spirit! Backed by team coaches, employees will engage in results-inspiring competitions like "The Biggest Loser" and "Maintain Don't Gain" to bring about lasting change.
- **EDUCATION/AWARENESS CLASSES** - There's a lot of health information out there - but it can be inaccurate or even downright wrong. Our educational sessions give employees real information they can use, from Stress Management to Tobacco Cessation, Fitness 101 to Nutrition Basics.
- **COMMUNITY HEALTH EVENT PARTICIPATION** - When people get involved, they get inspired. We'll lead organized employee involvement in community/citywide health events such as heart walks, 5Ks, marathons and more.
- **HEALTH INFORMATION** - Keep wellness top-of-mind! Through emails, breakroom bulletins and templates, you'll receive targeted health information to distribute individually or to post where people congregate.
- **FIT FOR DUTY MEASUREMENTS** - Avoid on-the-job injury and worker's comp claims. CHP will determine fitness levels for job requirements by administering blood pressure, body measurement and strength tests.
- **SURVEYS** - Good ideas can come from anywhere - sometimes you just need to ask. Your employees will be heard as we conduct surveys to collect thoughts while gauging interest and satisfaction.
- **PERIODIC CHECKS** - Culture change happens when care is ongoing. Through weigh-ins, waist measurement and blood pressure testing, CHP will continue to emphasize the importance of wellness long after implementation.
- **TOBACCO CESSATION** - Many smokers want to quit - they just don't know how. Group or individual cessation classes provide the information they need, the motivation they want and the benefits that can be achieved.
- **HEALTH FAIR COORDINATION** - Health fairs are no longer a hassle with CHP. Our team will coordinate vendors, create a theme and take care of the onsite logistics.
- **PROGRESS REPORTS** - Monthly and annual reports on objectives, accomplishments, concerns and requests. Also included are participant testimonials and success stories.
- **POLICY AUDIT**  
You could be undermining efforts to create a healthy company culture without even knowing it. We'll conduct a workplace audit to determine tobacco, food and facility policies to ensure you're working toward wellness.
- **HIPAA/PRIVACY** - Add important layer of insulation between employee/participant health information and company involvement in Personal Health Information (PHI) by using a confidential 3rd party while building trust with employees.