

TRANSFORMATIONAL WELLNESS™



Does Your Wellness Program Transform Lives?

While many activities and programs change behaviors for the short term, the problem with change is it's too easy to slide back into old patterns. Transformation—like a caterpillar into a butterfly—is permanent. At HPMI, our vision is to transform individuals and cultures into reflections of health. That's why we synthesized 35 years of experience and knowledge to formulate Transformational Wellness™.

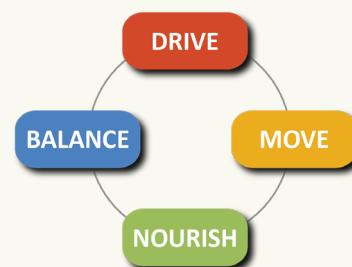
Check All the Boxes for Your Wellness Program for the Entire Year.

How would it feel to have your complete wellness program handed to you, then updated with fresh, new content every year? HPMI's perennial solution offers an entire year of programming in one fell swoop—and builds the social and cultural foundations that are crucial for life-long vitality and organizational health.

- ✓ **Minimal Admin Time** Employer and employee toolkits are truly turnkey—say goodbye to planning, scheduling, and administrative time.
- ✓ **Entire Year's Worth of Expert Programming** Annual planning calendar, quarterly themes, and ready-to-distribute monthly content put an end to disjointed or stop-and-start efforts with a fluid, consistent delivery schedule.
- ✓ **Simple Content** is delivered in digestible soundbites via a variety of channels (print, web-based, apps) to ensure every audience and learning style is engaged.
- ✓ **Affordable** Organizations with small budgets and limited resources can provide their employees with a robust and effective wellness program.
- ✓ **Customizable** The flexible TW framework allows you to easily incorporate your own offerings and branding to create a program tailored to your organization.
- ✓ **Holistic** Touches on all aspects of well-being, including personal goals, movement, nutrition, and mental and emotional health.
- ✓ **Fresh, Relevant, and Engaging** Addresses trending topics and incorporates resource-rich materials, tools, and interactive technology that employees may already be using to catalyze change.
- ✓ **Culture Building** Sparks participants' interest and hooks them with engaging activities that build healthy behaviors—which in turn build healthy habits—which influence your core culture.
- ✓ **Effective** Employees report they are more productive, energetic, and resilient, and incorporate wellness into their daily lives.

About Transformational Wellness™

Transformational Wellness is an annual program that makes healthy living attainable, fun, and enduring. Each quarter we take a deep dive into one of our focused themes: Drive, Move, Nourish, and Balance. Using proven strategies including personal goalsetting, peer encouragement, and scientifically based habit-building techniques, participants tune into healthy living in ways they never have before.



TRANSFORMATIONAL WELLNESS™



What You Get

The Basic Annual Package Includes:

- Launch Kit with Free Setup and Annual Planning Calendar Tool
- Four Classes or Wellness Challenges
- Quarterly Employer Toolkit
 - *Strategic Consulting/Admin Support*
 - *Culture-Building Activities*
- Monthly Employee Toolkit
 - *Evidence-Based Healthy Habits*
 - *A Variety of Fresh Resources, e.g., Assessment, Video, Podcast, App, Echo/Google Skill*

Transformational Wellness Add-Ons



Additional Classes Expand your reach and offer additional classes to support the quarterly themes.



Additional Challenges Maximize your efforts and offer additional challenges to support the quarterly themes.



Additional Strategic Consulting/Admin Support HPMI is your health and wellness partner, available to provide you supplementary expertise and hands-on support. HPMI can also provide a dedicated Onsite Well-Being Coordinator to implement health and well-being initiatives.



Biometric Screenings HPMI provides onsite health screenings that include well-executed implementation, various lab test options, timely reporting and participant report distribution, participant satisfaction surveys, and high-touch customer service.



Health Coaching Our coaches utilize a holistic lifestyle approach that emphasizes health education, skill-building, gentle accountability, and unconditional support for low and at-risk participants.



Well-Being Portal HPMI offers an industry-leading well-being portal along with the components and promotions that boost adoption and engagement—along with integration with wearables and Transformational Wellness.

HPMI introduces a variety of fun, customized, high-touch programs that engage employees, generate enthusiasm, and ensure long-term program success.

“HPMI has really taken us to the next level with Transformational Wellness. They bring variety, creativity, and professionalism to the table. They make me look like a hero, they do a bang-up job, and the partnership is fun and rewarding.”

— Sandy Steinman

Director Human Resources
Jefferson Center for Mental Health

HEALTH PROMOTION MANAGEMENT, INC.



Call us a call today to find out how Transformational Wellness™ will impact your business in ways you had never imagined.

303-297-0729 or email us at admin@hpmi.us