Wellness Training

Proactively offer employee education about the benefits of personal health and wellness management

- ✓ Help your employees make quality decisions about diet, environment, and lifestyle.
- ✓ Support a holistic safety culture to ensure your employees are healthy, productive, and safe.
- ✓ Reduce lost time due to illness and poor health, and improve morale.
- ✓ A cost-effective solution to support your employees and improve your bottom line.

Highlights of the Wellness Training Curriculum

- ✓ The value and benefits of regular physical activity and exercise.
- ✓ Nutrition and diet education to help employees set, achieve, and maintain their health goals.
- ✓ The risks of tobacco, alcohol, and drugs.
- ✓ How to recognize and manage stress.
- ✓ Practical answers and useful resources for employees to use at work and at home.
- ✓ Completely integrated with Training Track™.
- ✓ Available in both English and Spanish.
- ✓ Click to view a short, interactive demo.
- ✓ Click to view a video on the Wellness Training.

Call your risk management platform provider or Succeed Client Services at 503.766.6099 or clientservices@succeedms.com for more information about the Wellness Training.