



Workforce Wellness: Lifestyle Management Programme

An organisation's biggest asset is its people. The highest performing organisations put their people first. A healthy and happy workforce is a critical foundation for success. It impacts the bottom line and helps to attract the talent required to deliver world class services against today's tough targets.

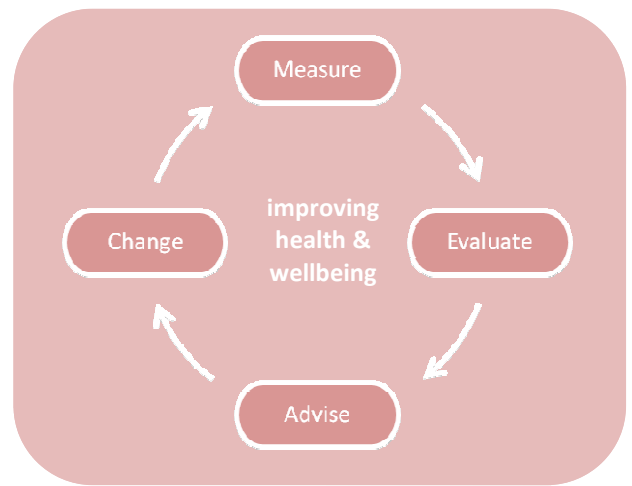
At **Workforce Wellness**, we recognise the value of people and what they bring to an organisation. In working closely with one of the world's leading provider of health & productivity solutions, namely **vielife**, we offer the ideal gateway for UK based organisations and individuals to become healthier, more effective and more productive.

Traditionally, organisations have focused on how to manage people when they fall sick. **Workforce Wellness** presents **vielife's** unique Lifestyle Management Programme, developed to focus on promoting and managing wellbeing and preventing ill health. It is far more effective to encourage good health than pay the price of treating the sick, or the cost of long term absence.

Lifestyle Management Programme

The LMP will help people make simple changes to live healthier, more energetic lives. The LMP will deliver a highly personalised, interactive experience using **vielife's** uniquely designed technology, which provides actionable information and motivational tools to promote sustainable changes in behaviour. This online service is complemented by offline materials such as poster campaigns, seminars, programmes manuals and interactive tools.

We work closely with **vielife** to ensure that you receive the best available services package and good customer care throughout.



The Ideal Gateway

The LMP has been developed by **vielife** to empower and support organisations and their people to make them vibrant, healthy and productive.

Workforce Wellness is the ideal gateway for you and your people to access the online-LMP .

Helping you and your people to get more out of life !

The Ideal Platform

Being healthy is about eating right, sleeping well and feeling great. See how you measure up by taking the health & wellbeing assessment - find out where you are doing well & where you could be making improvements.

The LMP will give you practical lifestyle tips to help you stick to good intentions or try out something totally new.

Discover a healthier and more energetic you !