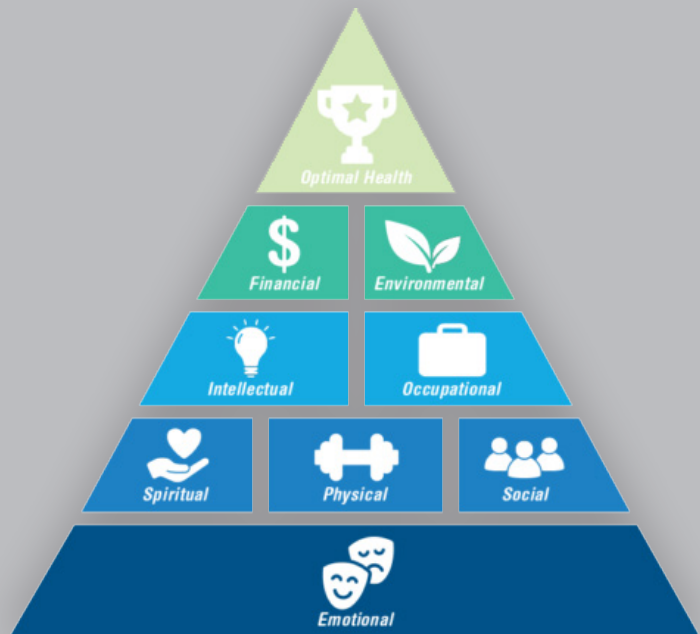




EFR EMPLOYEE & FAMILY RESOURCES

# PROGRAM OVERVIEW

## CORE + WELLNESS



### Organizational Wellness Consulting:

Consult with a wellness professional to help design the program that best fits your organization and employee needs and interests. Consulting includes, but is not limited to: wellness committee oversight, program planning, incentive strategy, and program evaluation.



### Retirement Readiness Consultation:

Better understand how to feel more secure in your retirement readiness planning with the guidance of a fiduciary. You will have access to a multi-step consultation process that helps answer your retirement questions and provides retirement income and expense projection, as well as a gap analysis to help you better understand how to reach your retirement goals.



### Individual Nutrition Consulting:

A Registered Dietician will be available for 1:1 telephonic consulting across a variety of nutrition concerns. Individuals can work on establishing healthy eating habits, meal planning, nutrient needs, weight loss, and more! Nutrition consulting is for employees only.



### Stretch Breaks:

Schedule up to two 15-minute virtual stretch breaks to inspire your employees to find movement in their workday.



### Mindful Moments:

Schedule up to two 15-minute virtual mindful moment breaks that focus on stress reduction and mindfulness for your workplace.



### Wellness Webinars:

Join us for a monthly wellness webinar on topics ranging from stress to nutrition to exercise trends and tips.

## Wellness Trainings:

Share the latest and greatest information on healthy eating, mindfulness, self-care, and stress reduction with your employees through our wellness trainings. Four (4) wellness trainings are provided per contract year.

### Trainings Include:

- Address Your Stress
- Bottoms Up
- Change Your Weighs
- Colorful Connections
- Cooking for a Lighter Weigh of Life
- De-Mystifying Nutrition Labels
- Diets Debunked
- Eating Healthy on the Go
- Eat Well, Live Well
- Ergo-Know-How
- Fitness Fundamentals
- Food & Mood
- Goal Getter
- Good Health Essentials
- Gratitude: Key to a Good Attitude
- Introduction to Estate Planning
- Just Move It
- Little Changes Add Up
- Love Your Heart
- Money Matters
- Nutrition for Diabetes
- Nutrition 101
- Rest for Success
- Self-Care 101
- Unplugged
- Your Financial Future