



## A Corporate Profile

"Kinetic Wellness is a young dynamic company striving to lead the way in providing effective, quantifiable health solutions to the corporate world. Our ability to appraise our customer's needs and develop customized solutions to suit each client sets us apart. We have the tools and expertise necessary to evaluate real health risk and facilitate change to enhance personal well being and enhanced performance."

### Executive Summary

Kinetic Wellness provides wellness strategies/programs to businesses. A wellness strategy is a long-term effort, combining both health-promotion and exercise-related activities designed to facilitate positive lifestyle changes in members of a company's work force.

Our business is based on two simple facts:

1. Healthy employees are more productive than chronically ill employees.
2. It costs less to prevent injuries or illnesses than to treat them after they occur.

At Kinetic Wellness, we tie worker productivity directly to the health care. Kinetic Wellness will lower companies' health care expenditures, while raising worker productivity. Health care expenditures will decrease due to reduced absenteeism, reduced staff turnover rates, reduced worker's compensation claims, reduced tardiness, shorter hospital stays, etc.

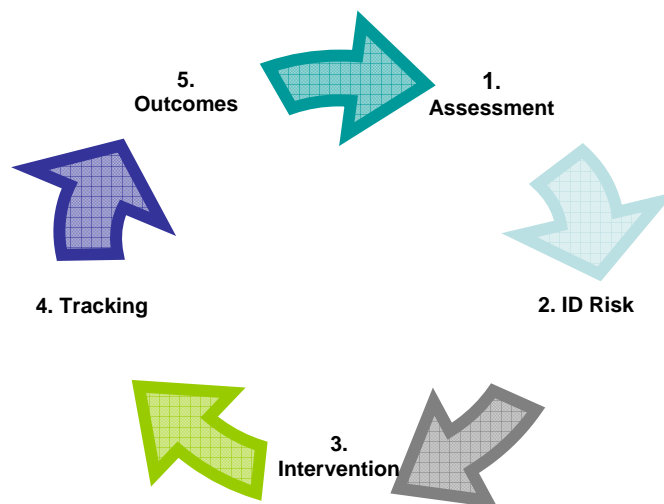
Kinetic Wellness will work with a company's senior management to help it develop a mission statement for its wellness program. The client company's employees will undergo a health-risk analysis, following which each employee will be given the opportunity to meet with a health professional to design a personalized health program. Kinetic Wellness will provide group reports to senior management with which to carry out incentive programmes and generally monitor changes in the behavior of its work force.

## Corporate Wellness Concepts

An organization needs

- A healthy productive workforce
- A cost effective wellness prgm that can identify risk and manage that risk
- By reducing risk and enhancing health, increase productivity and reduce health care costs
- Encourage all employees to take personal responsibility for good health
- Corporate Wellness goals, specific and measurable

## Basic Corporate Wellness Plan Outline



1. 4 quarterly assessments – provides a benchmark as well as motivation and tracking
2. Risk identified via assessment
3. Appropriate interventions chosen based on data collected via assessments
4. progress
5. Yearly outcomes evaluation for enhancement of subsequent programmes

## Contact us

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