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Solutions

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# Food Service

## CASE STUDY

<b>INDUSTRY:</b>	Food Service
<b>LOCATION:</b>	Nationwide (41 locations)
<b>DEMOGRAPHICS:</b>	950 employees; 89% male; Remote workforce (sales, truckers, and technicians)
<b>HSS Role:</b>	Onsite Wellness Program Manager

### WHY WELLNESS?

Driven by a strong set of values, our client sought to demonstrate their care to all employees through a culture that enables healthy and balanced lifestyle choices. They believed wellness was a component that would further strengthen their employee community.

### CHALLENGES

With high workers compensation claims and medical leave, high turnover; low use of health resources, and low wellness platform engagement, creating a foundational program required dedicated action to:

- Increase wellness visibility through infrastructure changes (such as a program “home” page within the intranet) and a strategic communication plan
- Maintain vendor relationships
- Build trust with employees to break down misconceptions

### SOLUTIONS

An onsite Wellness Manager from **HealthSource Solutions** consulted full-time to:

- Establish and serve as chair to the wellness committee and ambassador team, creating program sustainability
- Develop instructional documents to support understanding of technology for employees with low screen time
- Coordinate annual screening events for nearly 50% of company locations
- Facilitate interactive campaigns to foster social learning of program resources
- Develop, review and implement policies (such as catering guidelines) to enable decisions and accountability that aligned with the company value on health
- Coach and train all levels of management in methods that cultivate wellbeing behavioral support and recognition within their existing operating procedures
- Partner with company departments (such as safety) to interweave wellbeing into all facets of the business
- Evaluate employee wellbeing and value alignment and provide valuable analysis and reports to client leadership



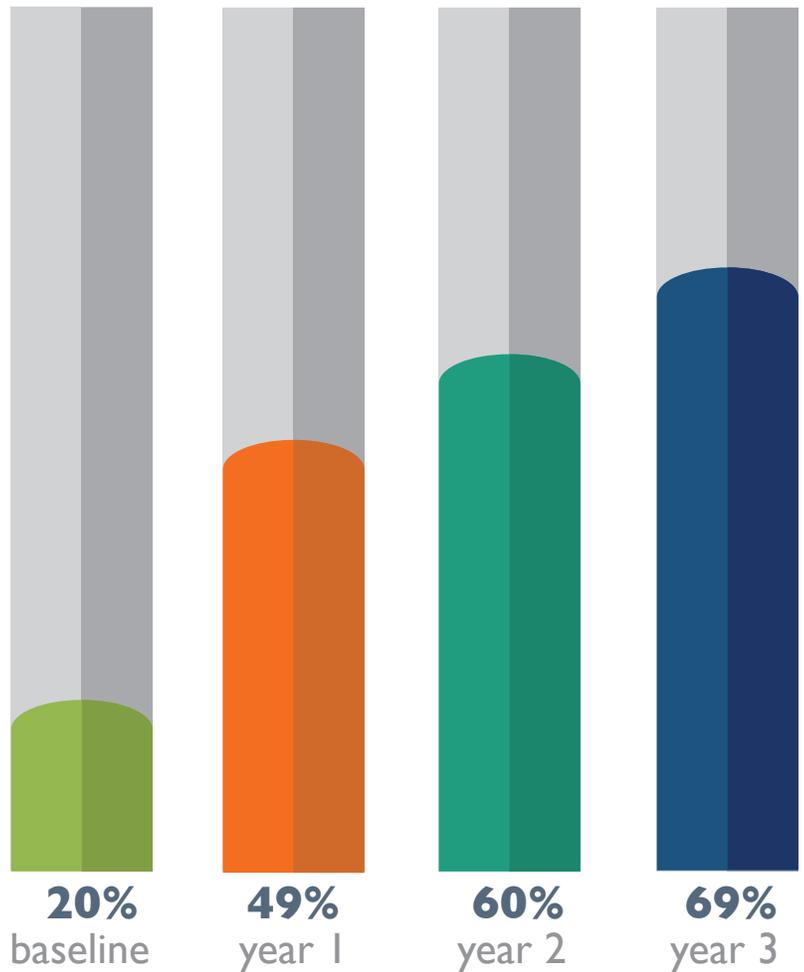
ENRICH EMPLOYEE WELLBEING

## IMPACT

Within 3 years of beginning our work with this client:

- Nurse line utilization increased by 25%
- Participation in wellness incentive more than tripled
- Over 70% of employees participate in at least one program component
- Received Gold Workplace Health Achievement designation from the American Heart Association
- Gaps in care reduced by nearly 3%

incentive achievement



Participants who completed at least two wellness activities

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## TESTIMONIALS



*I wouldn't have known my blood pressure was high without our program! It's led me to exercise, which is now my foundation for stress relief and managing my BP. The love for wellness is my favorite thing about this company."*



*I'm so glad we have the program. It's a great ongoing reminder that your health is important. I hope my story can inspire someone to change their life, like I changed mine."*



*I am taking better care of my body, I have less pain and have shed a few pounds along the way. I feel better both physically and mentally."*

ENRICH EMPLOYEE WELLBEING