

Wellness Cooperative Solution



HealthSource
Solutions

Good Health is Good Business!

When your employees feel better, they're happier, more focused and more productive. This means they can do more for your company and your bottom line. Helping your employees feel better is a good thing to do, and it's a smart business decision.

Cooperative Solution

What is it?

A cost-effective approach to build, or enhance, your wellness program.

How does it work?

HealthSource Solutions will help you develop a well-planned highly executable wellness program. The cooperative approach includes other organizations, which allows you to connect and learn from others.

HealthSource Solutions' staff lead bi-monthly cooperative meetings. On the off months, they meet individually with each group to ensure your program goals are met and the needs of your employees addressed.

What do I get?

Your **HealthSource Solutions** team provides you:

- expertise in wellness program design
- ongoing program support
- tools and resources to help you create a successful program
- accountability to ensure things keep moving

Your **HealthSource Solutions** consultant will help you:

- complete an organizational assessment to identify gaps
- develop goals and metrics and create an action plan
- create a wellness committee
- create a wellness brand and vision statement if you don't have one
- enrich your environment and update policies
- identify what data to collect to show impact



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Cooperative Solution Annual Calendar

1	2	3	4	5	6
Launch Meeting: In person/Webex <ul style="list-style-type: none"> • Overview collaborative approach • Why wellness? • Wellness Program Assessment • Discuss infrastructure 	First 1-on-1: Webex <ul style="list-style-type: none"> • Review wellness audit • Determine infrastructure needs • Set action items 	Cooperative Call: Webex <ul style="list-style-type: none"> • Discuss goal setting and planning • Continue infrastructure discussion • Group sharing 	1-on-1: Webex <ul style="list-style-type: none"> • Continue working on infrastructure needs • Build plan • Check-in on action items 	Cooperative Call: Webex <ul style="list-style-type: none"> • Monthly topic • Group sharing 	1-on-1: Webex <ul style="list-style-type: none"> • Address company needs • Check-in on action items
7	8	9	10	11	12
Cooperative Call: Webex <ul style="list-style-type: none"> • Monthly topic • Group sharing 	1-on-1: Webex <ul style="list-style-type: none"> • Address company needs • Check-in on action items 	Cooperative Call: Webex <ul style="list-style-type: none"> • Start next year planning 	1-on-1: Webex <ul style="list-style-type: none"> • Solidify next year's plan 	Cooperative Year-end Meeting: In person/Webex <ul style="list-style-type: none"> • Report Out • Share annual plans • Celebrate 	1-on-1: Webex <ul style="list-style-type: none"> • Discuss roll-out new plan • Set action items

What's my commitment?

- The initial enrollment is for one year with an option to re-enroll in additional offerings for three more years.
- Your time commitment is about 4-6 hours/mo dedicated to wellness (calls, programming, implementation, etc).
- To attend bi-monthly phone/Webex meetings to share and learn from other worksites.
- To meet 1:1 with your **HealthSource Solutions** consultant for ideas and customization of your program.

Contact Us!

Learn more about this unique solution!

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