

Exan WebHealth™

In-House & Web Based Wellness Programs

Sow health & wellness into your people
reap a harvest

In-House Wellness Programs

Web Health's in-house wellness workshops integrates and supports the web based wellness programs to ensure the educational process is continual for sustained results.

Web-Based Programs

The web-based wellness program is the world's largest interactive health portal, utilizing group tele-workshops, email a question to an expert, video streaming, personal health databases, phone coaching, search engines and much more.

Rent a Wellness Director

Renting a Wellness Director enables you to stay focused on core competencies and fast track reduced health-care costs.

ROI Wellness Program

The return on investment program installs micro-measurements into your business that link attrition, sickness and stress to health care costs and low performance. These are tracked through a corporate health and wellness report card.



In-House Wellness Programs



In-House Lunch and Learns

1.5 hr. Topics include beating diabetes, optimal nutrition, weight management, and fitness. Handouts and self assessments are provided for each program.



Building up Your Stress Resilience

A four-module interactive workshop covered over a three-hour duration : How Stress is Created, How Stress Affects You, Building Stress Resilience and Stress Reduction Exercises. Includes a stress resilience assessment.



Enhancing Communications Skills

This interactive workshop begins with accessing communications strengths and weaknesses and provides each participant with tools that will help improve communications with clients and co-workers.



Developing Your Conflict Resolution Skills

In today's hyper competitive and stressed work environment sharpening interpersonal conflict skills become an asset. Participants can go away with new approaches when dealing with client and fellow worker conflicts.



Health Quotient (Health Risk Assessment)

The Health Quotient is a health risk assessment that is completed by individual employees and provide a total aggregate score and individual scoring.

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Web Based Wellness Programs

Telephone coaching

Weekly interactive live tele-workshops and Q&A's with health experts

Interactive stress management workshop

Video lecture room

Weekly group discussions via tele-conference with health experts

Health risk assessment

Data bases to store employee health records

Health risk assessments (subjective)

Disease prediction modeling (objective)

Calorie nutrition counter and database

Meal planner

Search engine for topical health

Monthly email newsletter

Access to the online Alive Health Encyclopedia

Educational program on relationship health

Education programs on Emotional Intelligence topics



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