



Corporate

Wellness Services

www.revivewellness.ca



ABOUT US

Revive Wellness Inc. (Revive) has provided evidence-based wellness coaching to individual and corporate clients in Edmonton and its surrounding area for over 12 years. With unique one-on-one programs and a proprietary digital platform, My Viva Plan®, Revive offers the most comprehensive and customized programs in the industry.

Our approach to wellness focuses on whole body health, encompassing the three key elements of self-care: Mindfulness, Nutrition and Fitness.



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WHY WE ARE DIFFERENT

Experience

We collect and analyze your data, break it down, and build programs that are realistic and deliver results. Our gender and culturally diverse team is committed to meeting you and your employees where you are at on your wellness journey. We work to build up your tool kit and confidence to achieve goals. Wellness has many components including mental, medical, nutritional, financial and physical health; it is our commitment to create clarity around wellness for your organization and your employees. We offer this through our exceptional team of 40 individuals and our strong network of professional resource. With this team, we will create exclusive programming tailored to your organization.





WHY WE ARE DIFFERENT

Our Approach

At the individual level, we empower individuals to learn how to engage their mind, fuel and move their body with strategies that produce results. We incorporate simple tools to measure and evaluate progress at the individual and corporate level on a monthly, quarterly and annual basis.



By tackling stress at the individual level, we have witnessed dramatic improvements in stress levels ranging from 25-90% reductions in stress for individuals in as short as 12 weeks!

This naturally creates a ripple effect improving mood and the ability to manage workload in the workplace; all of which have a direct impact on corporate productivity and culture.

At the corporate level, we help organizations learn from their employees' experiences. We provide aggregate data for strategic planning and assessing productivity, which ultimately saves time and money. As no organization is the same, we offer a wide range of wellness initiatives and create strategies that include both in-person and digital options depending on need and budget.





WHY WE ARE DIFFERENT

Long-Term Success

We believe that each decision an individual makes throughout a day, even the most mundane, becomes a deposit into the lifestyle they lead. We also know that there are certain barriers that stand in the way of executing on a desired lifestyle. This is why we are dedicated to presenting innovative tools and solutions that foster an individual's unique path to whole body health.

We don't offer, nor are we interested in offering the newest 'quick fix' to health.

We believe that achieving results requires putting in the work, even if it's as little as a few minutes a day.





OUR PROCESS

To create a wellness program that is customized to your organization, we follow our 4-step process.

1

**Understand
your
Organization**

2

**Create your
Wellness
Program**

3

**Onboard
Wellness
Ambassadors**

4

**Launch &
Sustain your
Program**

**Our process is quick and thorough -
leaving you feeling confident in your
investment.**





OUR PROCESS

STEP

1

Understand your Organization

To understand your organization, it is important we gain insight from all levels of the organization. This information allows us to offer wellness solutions which reflect the needs and budget of your organization. Our data collection has two parts: a *Corporate Needs Assessment* and an *Employee Questionnaire*.

Corporate Needs Assessment

It is important for us to understand the current state of your organization to truly understand your needs. This includes collecting information on, but is not limited to:

- Organizational demographics
- Current Health Benefit Coverage
- Claims Usage
- Previously implemented wellness programs and challenges incurred

We will provide you a link to a confidential digital questionnaire for you to complete, providing our team the information we need to create your program.

Employee Questionnaire

To achieve the highest Return on Investment and program engagement, it is important to know what your employees are seeking from a meaningful wellness program. We will provide you a link to a confidential digital questionnaire for you to send to your employees for them to complete.

STEP

2

Create your Wellness Program

Utilizing the data from Step 1, our team will analyze and prepare a Corporate Wellness Report containing our findings from the information collected.

Once the Corporate Wellness Report is complete, we will meet with you to review the results. This will also include our recommendations and options for your personalized wellness program, which addresses your organization's specific needs. We will also provide a quote for the options presented at this time.

Please explore our broad range corporate wellness services featured in our Corporate Wellness Services section.



OUR PROCESS

STEP

3

Onboard Wellness Ambassadors

To increase the success of a wellness program, it is vital to have people within the organization who believe in what you are doing and act as champions.

Many wellness programs experience significant drop-off in participation after the excitement of the initial launch ends.

We disrupt this trend by creating ground-up support with employee ambassadors to assist employees in engaging and making progress on their wellness goals.



STEP

4

Launch & Sustain your Program

Your launch event allows you to introduce your Revive-created wellness program to your employees. This is a great opportunity to share the results from the *Employee Questionnaire*, as well as explain the “why” behind the creation of a new wellness program.

In addition, key members of our Revive Team will be there to walk your employees through your wellness program, explain how it works and answer any question your employees may have.



Corporate Wellness Services:

My Viva Plan[®]

Welcome to My Viva Plan, an online wellness program that individualizes health and wellness programs for each user. How we fuel our bodies, move our bodies, and engage our minds are all essential parts of our personal wellness. My Viva Plan is the only online wellness program of its kind that offers all three in an individualized plan.

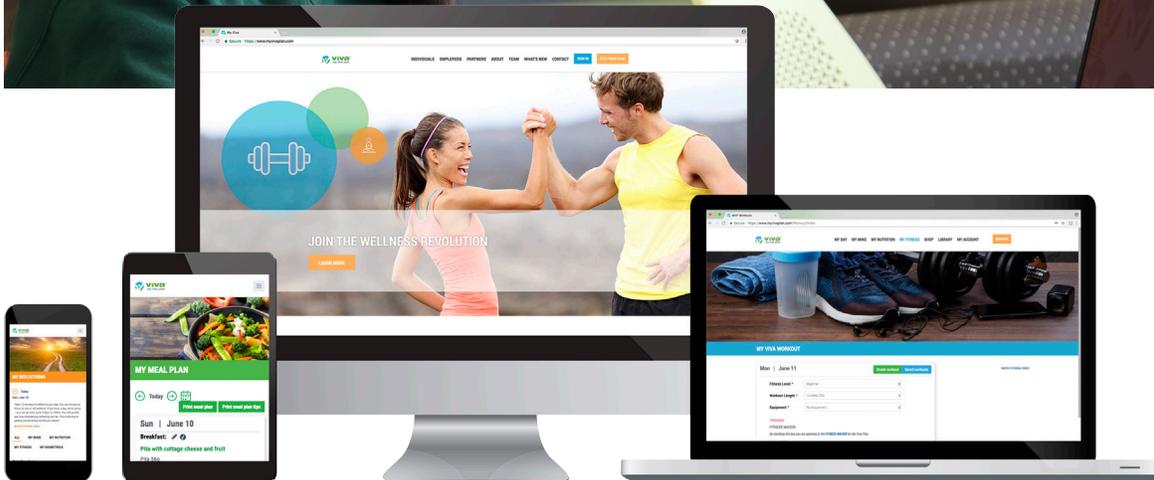
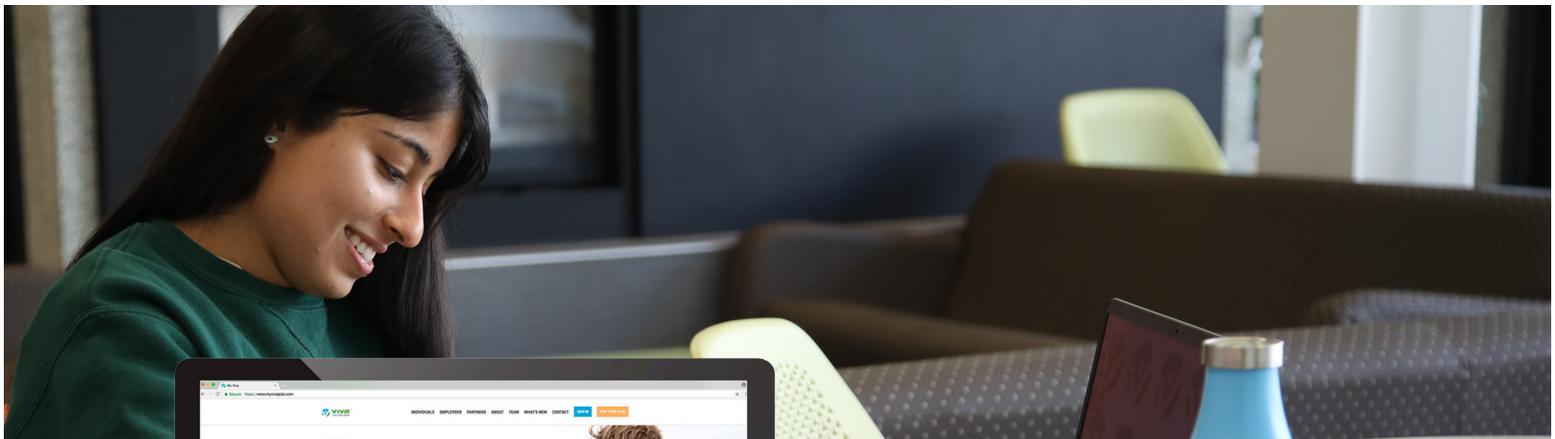
My Viva Plan is different than anything currently available on the market because many of the others only focus on one aspect of health. My Viva Plan, fuses 3 essential elements of self-care; Mindfulness, Nutrition, and Fitness to provide the most robust program available online.

My Viva Plan collects aggregate data which allows you to visually see and ensure your organization is moving in the right direction to achieve your desired ROI.

As My Viva Plan was created and is maintained by healthcare professionals, which means all information is kept confidential and secure.

Features and Benefits

- Mobile-responsive platform, allows you to connect anytime, anywhere
- Customized meal plan created with your goals and dietary restrictions in mind
- Daily reflections and Stress Assessments to help you identify and conquer stress
- On-demand workouts and yoga routines
- Online cooking demonstrations and recipes
- Meditation practices
- Virtual coaching
- Resource Library
- Vivapedia™





Corporate Wellness Services:

Wellness Coaching

Biometric Testing

These tests include blood pressure, cholesterol, blood sugar, height, weight and body composition analysis.

One-on-One Coaching

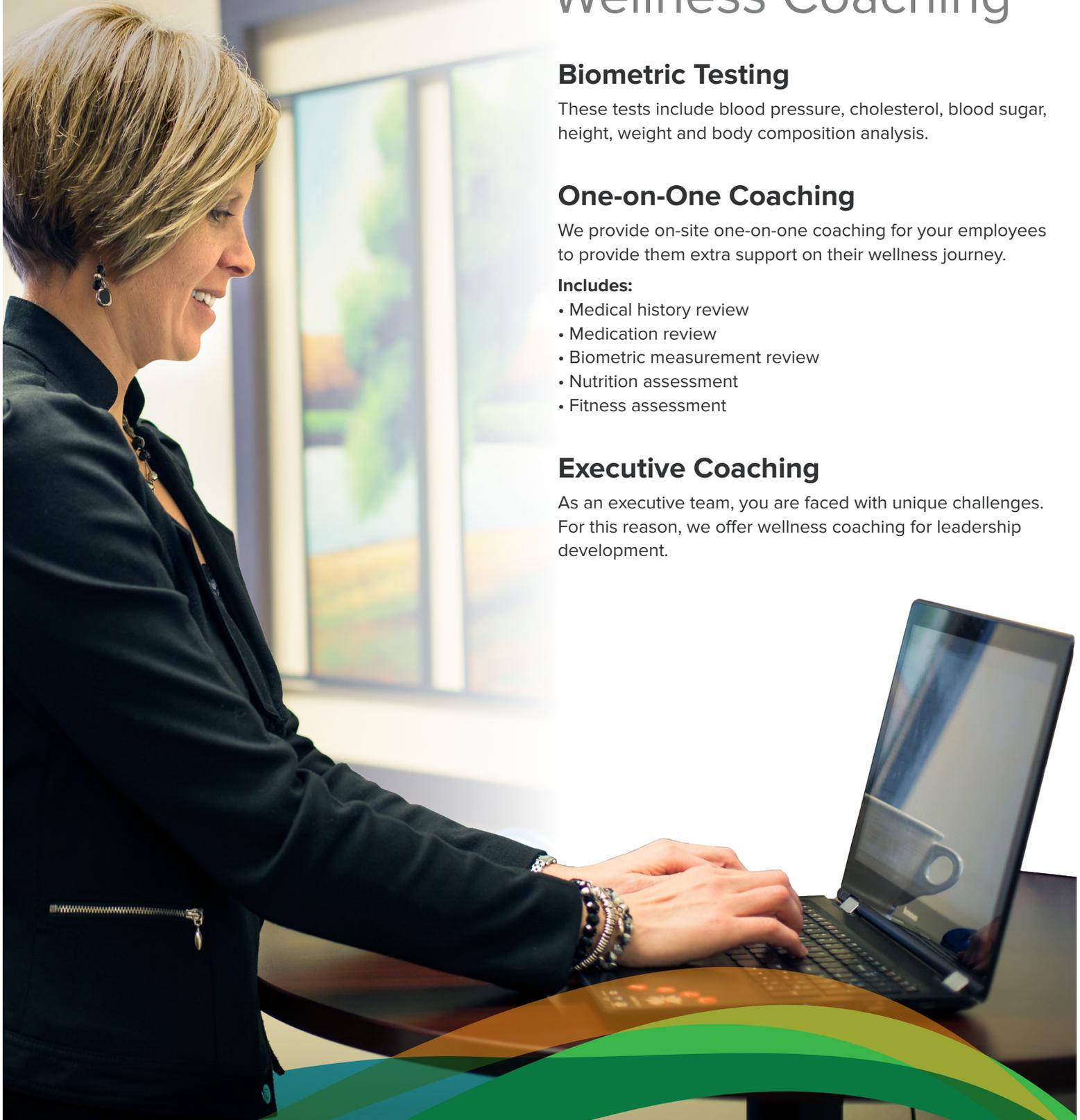
We provide on-site one-on-one coaching for your employees to provide them extra support on their wellness journey.

Includes:

- Medical history review
- Medication review
- Biometric measurement review
- Nutrition assessment
- Fitness assessment

Executive Coaching

As an executive team, you are faced with unique challenges. For this reason, we offer wellness coaching for leadership development.



Corporate Wellness Services:

Fitness Services

In partnership with:



One-on-One Personal Training

SVPT's personal trainers keep you motivated and challenged by engaging you in goal-oriented and needs-based private personal training sessions.

Fitness Classes

With SVPT, we can offer fitness programming and classes on and off-site.

Corporate Challenges

Challenges motivate some and intimidate others. We design programs with this in mind to empower all employees within your organization.



Corporate Wellness Services:

Mindfulness Services

Yoga & Meditation Classes

With our in-house yoga instructor, we can offer yoga and meditation classes on and off-site.

Stress Assessments

Using a validated stress assessment tool, we are able to help individuals understand where sources of stress are present in their lives.

We can then use this information to create an organization-wide Stress Assessment.

Finding Balance Workshop

Learn how engaging your mind, fueling your body, and moving your body; can all independently impact your stress.



Corporate Wellness Services:

Chef Services

Chef-Cooking challenges

A fun activity to engage your employees' inner chef!

Cooking Demonstrations

Our in-house chef will ignite your taste buds with delicious samples for all to try.

Menu Makeovers

Looking to add more balanced meal options to your on-site cafeteria? Our chef can work with you to inspire new meal options!

One-on-One Cooking Classes

Develop your personal cooking skills with one-on-one instruction and expertise from our chef.

Family Workshops

Involve your family in the kitchen! Our family workshops accommodate families of all ages looking to build their skills in the kitchen.

Grocery Shopping Tours

Become an expert in navigating the aisles of the grocery store with assistance from our chef.



Corporate Wellness Services: Speaking Engagements & On-Site Events

Presentations

Add some diversity to your conference, event, Lunch and Learn, or off-site meeting, with our engaging seminars that tie wellness to corporate life.

Presentation examples:

- Eating to Thrive
- The Power of Gratitude
- Finding Balance
- Fueling for Sport Performance
- Balance for Shift-Work

Webinars

Technology allows us to be flexible in providing wellness to anyone anywhere at anytime, including conducting a number of our presentations digitally. Perfect for organizations with multiple locations, off-site employees and/or camps.

Interactive Workshops

Based on the interests and needs of the organization, our workshops leave participants invigorated and ready to implement simple and effective strategies.

Our most popular workshop:

- Chopped Lunch Challenge – have your team compete in a friendly competition by creating a balanced and delicious lunch using the food items in your mystery box. This is a great team building activity!

Wellness Retreats

Our team can create a ½ to full day wellness experience to invigorate your team's mind, body and soul.





Corporate Wellness Services

Research Studies

Looking to gain a deeper understanding of wellness within your organization? Research conducted by our team can help shed light on your current challenges and provide clarity on next steps.

Wellness Fairs

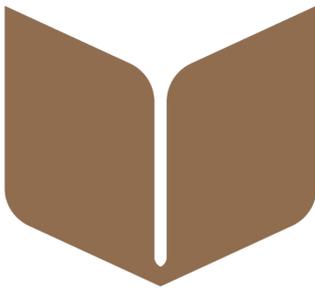
We provide interactive wellness expertise at your wellness fair and are the busiest booth at every fair we attend!



Corporate Wellness Services:

Financial Wellness

In partnership with:



vanta . group

- Retirement and Pension planning
- Risk Management
- Financial Wellness Workshops

Occupational Testing

In partnership with:

SUREHIRE
EXPERTS IN OCCUPATIONAL TESTING

- Ergonomic Assessments
- Drug and Alcohol Testing



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Ready to get started?

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