



Life Align Corporate Wellness Program

Healthcare Costs:

Rising healthcare costs are a concern for employers across the United States. As employers realize profits are lost due to employee illness and injury, they realize action must be taken to improve employee health and profit margins.

Health Problems:

More than 80% of health problems can be traced to three factors:

- Being overweight
- Unmanaged stress
- Repetitive motion disorders

All three factors can be addressed by an *effective* health and wellness program to improve employee health and reduce healthcare expenditures.

Life Align Mission:

To help as many people as possible with health and wellness care and to educate them so that they can educate others.

Life Align Philosophy:

A wellness program is effective when it determines the health concerns of employees, implements programs that address the primary causes of health problems, and develops programs in which employees want to participate. Participation and healthy change occur when employees learn the value of and invest in wellness programs. Learning occurs when small groups interact face-to-face with a highly trained wellness professional who teaches healthy living principles and encourages healthy change. Participation of expert members of the wellness community help facilitate wellness programs and provide employees with wellness resources outside the workplace.

Life Align Corporate Wellness Steps:

1. Survey employees to determine each employee's health concern(s).
2. Survey employees to understand lifestyle habits.
3. Collect health data including blood pressure, adrenal function, weight, BMI, blood sugar, and lipid levels to determine health risks among the workforce.
4. Meet with department leaders to teach basic ergonomic principles and simple stretches to implement in each department to reduce injuries.
5. Develop and present health workshops with groups of 10 to 25 people to teach healthy living habits. Topics may include:
 - Secrets to Living Healthy
 - 3 Solutions to Health Problems
 - Health and Stress Management
 - Natural Solutions to Digestive Problems
 - Natural Solutions to Sleep Problems
6. Implement supplementation program for those who require or are interested in nutritional support.
7. Implement nutrition and supplementation program for those who suffer adrenal stress and fatigue.
8. Implement cleansing weight loss program and coach those through the program who want to lose weight.
9. Invite community wellness professionals to present topics in their area of expertise.
10. Provide on-line health educational resources to employees.
11. Repeat health concern and lifestyle surveys annually.
12. Repeat collection of health data every six or 12 months based on the general health of each employee.

The Life Align Difference:

- A board certified wellness physician oversees and administers the entire program.
- A board certified wellness physician develops programs based on employee concerns.
- A board certified wellness physician works with small groups and with individuals to engage employees and encourage healthy changes.
- Wellness workshops teach lifestyle modification and natural holistic solutions to health problems.
- The cleansing weight loss program does not require exercise and is safe and effective while weight loss is sustainable.
- The program teaches employees the value of wellness and encourages them to invest in their own weight loss, supplementation, and other health programs.
- The program addresses the three main factors to health problems.
- The nutritional supplementation program awards the adults who are on the program by providing supplements free of charge to their children.
- The extensive Life Align professional wellness network includes:
 - Medical testing
 - Massage therapists
 - Nutritionists
 - Physical trainers
 - Yoga and pilates instructors
 - Chiropractors
 - Acupuncturists
 - Homeopaths
 - Health food stores
 - Healthy water specialists
 - Personal coaches
 - Reflexologists
 - Healthy Chefs
 - Skin care specialists

To Get Started:

Call to schedule a meeting with Dr. Angela Cherniawski to answer your questions, address your concerns, and to start your corporate wellness program.

Dr. Angela Cherniawski, D.C.

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