



You matter to us. And we know what matters to you: the productivity of your employees and the profitability of your business. HealthEase can make a significant impact on both those fronts.

Since 1986, we've been providing companies of all sizes and configurations with the cost-effective services they need to improve employee health and fitness. Like them, you can realize the money-saving benefits of a successful corporate wellness initiative. Benefits such as reduced medical insurance costs...lowered absenteeism...increased productivity and morale...enhanced recruitment and retention.

We will work with you to develop a strategic plan focused on meeting your objectives while keeping your expenses in line. No one does that better than we do.

#### **Overview of Services:**

##### **Planning & Consulting**

- Needs Assessment
- Fitness Center Design & Layout
- Equipment Selection, Procurement & Installation
- Facility Start-Up & Opening

##### **Fitness Center Management**

- Policies & Procedures
- Staffing
- Supervision
- Marketing Plan
- Fitness Testing & Evaluations
- Management Reporting
- Weekly Management Support
- Equipment Maintenance

##### **Health Promotion & Wellness**

- Group Exercise Classes
- Educational Programs
- Health Screenings
- Health Risk Appraisals
- Personal Fitness Training
- Health Fairs
- Ergonomic Workplace Consultations
- Massage Therapy
- Incentive Programs
- Team Building Activities

Please contact HealthEase at **610-688-2040** for more information.