



OnelifeHealth

"The greatest Wealth is Health" Virgil

OnelifeHealth is an easy to use, useful health and wellbeing information site. This program will enable your employees to quickly and easily determine and track the status of their health risks and provides measures to put in place to manage these risks.

This health management program includes an array of tools, educational resources, and fitness and nutrition guides. The web-based personal account is private, secure and available 24/7 from work or home. The aim of this program is to offer our employees a central location where they can manage stress, maintain a healthy lifestyle and successfully integrate work and family.

One Life. Live It is proud to offer a number of programs to support this kind of healthy working environment all in a central online location.

FEATURES

Online Health Risk Assessment:

- The OnelifeHealth HRA takes a quick snapshot of a person's health. This tool provides your employees with their health risks and key habits that you can change. The HRA questionnaire is a tool that gives you an evaluation of your current health and ways to improve health and wellbeing.

Fitness Assessment:

- This assessment tool allows participants to measure their current level of fitness with an in-home assessment. Participants are then encouraged to participate in the health intervention program also offered through the OnelifeHealth site.

Resources:

- Access to health tips, recipes, events, online community motivated to improving health and wellbeing, One Life Programs including the Health Intervention (see attached program sheet).

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