



THE **SMART** SOLUTION TO  
RISING HEALTH CARE COSTS.



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For more information call

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[www.sterling-wellness.com](http://www.sterling-wellness.com)



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## FEATURES & BENEFITS

Since 2001, STERLING WELLNESS SOLUTIONS has been dedicated to reducing the costs of health care by educating employees and their dependents on how to manage their health risk factors. Employee wellness programs have helped employers for years by reducing the costs of health care, disability claims, worker's compensation claims, and absenteeism. Sterling Wellness Solutions offers a comprehensive selection of wellness services that provides clients with a complete management solution.

Our goal for every client is to reduce health care costs and keep individuals out of the hospital by improving the employee's quality of life, decreasing absenteeism and increasing productivity, morale and longevity. Sterling Wellness Solutions is the smart solution to your health care program.

### Preventive Lab Testing and Health Screenings

- \* Prevent future large health claims by identifying unknown risk factors early
- \* Increase participation with convenient on-site testing

### Individual Consultations

- \* Increase employee morale, productivity and longevity by regularly encouraging healthy lifestyle behaviors
- \* Increase health knowledge
- \* Decrease absenteeism

### Confidential Group Reporting

- \* Identify overall group risk factors
- \* Benchmark program success

### Primary Care Nurse Program

- \* Offer continued onsite health care assistance
- \* Manage current health conditions
- \* Prevent future health conditions

### Discounted Lab Services

- \* Reduce lab costs by 20% to 85%
- \* Access all of your employees nationally
- \* Maintain confidentiality

### National Company Presence

- \* Service multiple locations

Our Health Park Program is a customized service package that includes:

- \* Personal Profile (HRA)
- \* Health Coaching
- \* Health Education and Communication
- \* Incentive Programs
- \* Wellness Consulting Services

This program is designed to offer ongoing assistance with designing, planning, promotion and implementation so that each program continuously grows each year.

HEALTH  
PARK  
PROGRAM



Improve  
your  
employee's  
quality  
of life.

