



Roseville Health
& Wellness Center

Join us in our mission to make Roseville
the healthiest community in America.

We want to assist you in making the right fitness
& wellness choices for your companies ROHI.

A Local Hospital found the concept worthy of a serious second look. What they saw made them decide to buy into their own ROHI in a big way. And it worked for them BIG TIME! After the CEO of a local hospital participated in our employee Comprehensive Wellness Program with great success, we were the only company they asked to run a pilot program by selecting 20 of their most deconditioned/ high risk employees, after just 90 days the group of 20 participants lost over 670 inches and a total of 406 pounds. This employee wellness program is for individuals with multiple health-related risk factors (obesity, high BP, cholesterol, stress, diabetes, heart disease, etc) looking to reverse unhealthy behavior and address all aspects of their health in one setting. The (2 year) post program study showed that all participants reduced or eliminated risk factors and medications within the 90 day period and retained long-term success with completion of the Employee Comprehensive Wellness Program.

*For more information or to schedule a tour call:
Lisa Schetter, General Manager RHWC at*

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1650 Lead Hill Blvd, Roseville

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IT'S AN INVESTMENT STRATEGY THAT WORKS! ROHI



Return on Health Investment (ROHI) started in the Silicon Valley, where a few of the brightest new thinkers realized that healthy employees were happy employees, and healthy, happy employees were their firms' greatest assets. Those executives, who would eventually emerge as industry leaders, instinctively knew that, in an age of mirror-image competing technologies, their employees held the key to company success or failure. That awareness led to an exciting new management concept – maximizing return on investment by investing in the whole employee. The investment came in the revolutionary form of Employer-Employee Health Partnering Programs.

That's a **Return on Health Investment** that makes good business sense for any organization, yours included. ROHI results apply not just to business but to any organization where worker morale, productivity, and cost effectiveness are important. And that's where Roseville Health & Wellness Center can play an important role helping you to make your business or work group more successful. Give us a few minutes and we'll show you how to tailor a cost effective fitness and wellness program to motivate your employees and move your business to the front of the competitive pack.

CORPORATE MEMBERSHIPS AT RHWC

RHWC offers open enrollment for all employees on month to month memberships at a discounted rate. Each new employee will receive 3 sessions with one of our exercise physiologist for an individualized program design based on the employees' health history, goals and comprehensive testing (Sub VO2 max test, body fat, blood pressure, strength & flexibility). Memberships include group exercise classes, aquatic center and full use of the upscale fitness center.



1) GENERAL POPULATION: This is the employee that is living a healthy lifestyle and does not need special interventions but will enjoy working out in our upscale, state of the art fitness center! Specialized programs for the general population:

- Personal Training
- Group exercise classes (Spin, Yoga, Pilates, Strength Training etc)
- Aqua Exercise
- Pilates Reformer
- Bootcamps
- Wellness Coaching
- Nutrition

2) MEDIUM RISK EMPLOYEES: The health of this employee progressively worsened over the past 5 years and will perceivably become high risk over the next 5 years without intervention. Specialized programs for the Medium Risk Employee:

- Assessment
- Specialized Program
- Non-Judgmental Environment
- Wellness Coaching
- Nutrition Counseling
- One on One Personal Training
- Group exercise classes (when appropriate)
- Aquatic exercise

3) HIGH RISK EMPLOYEES: These are the employees who will likely succumb to chronic illness or disease, lowering work productivity and raising health benefit costs.

EMPLOYEE COMPREHENSIVE WELLNESS PROGRAM: The Comprehensive Wellness Program utilizes a Nutritionist, Private Trainer, Wellness Coach and Stress Management therapies as an excellent web of services to work cohesively together for a successful outcome. Most participants reduce or eliminate risk factors and medications within the 90 day period and then graduate into a monthly fitness membership for maintenance.

Make sure your employees and their families are physically and mentally healthy and your employees will return the favor in financial spades!

EMPLOYER OPTIONS

- Company Sponsored
- Payroll Deduct
- No out of pocket for Companies
- Attendance Tracking
- On-site educational series

