

## Corporate Wellness

### A RAK Hospitals & RAK Insurance Initiative

Employees are the most valuable assets for any business organization. Employee health and well being is directly related to organizations performance, efficiency and profits. Many chronic diseases can be prevented by Lifestyle changes and modifications in Nutrition & Diet, through Exercise & Fitness, Managing stress, through Dependency management and safety practices.

Studies show that the return on investment in Corporate Health and Wellness initiatives include increased productivity, reduced absenteeism, reduced healthcare costs, reduced insurance premiums and improved employee morale.

The workplace can be used to drive the important changes in behavior that are required, bringing benefits to the employer, employee and the community.

## Expert Services Support



E-counseling



Online Health Assessment



Health & Lifestyle Prescription



Group Health Audit



Health Tips & Articles



Health Education Talks



Health Activities



Team Sports Activities

Step up to  
**Wellness now**

Supported by:

Managed by:

# Corporate Wellness Plan For Employees & Family



## Plan Benefits and Entitlement

**1. Health assessment/How are you?:** A 30 parameter on the spot evaluation of the clients medical status, nutritional profile, fitness levels, stress levels, dependency status and health status, etc., including BMI, BP, Sugar and other biomed and lifestyle factors.

**2. Online Health Assessment:** While item 1 is a physical evaluation, the clients will also be enabled to undergo the online, 20 parameter Health Risk Assessment, that evaluates their medical status, nutritional profile, physical fitness levels, stress levels, dependency status and health status, etc.

**3. Health & Lifestyle Prescription:** All clients will receive an individual and personalized online health prescription that provides them with a personal diet plan, exercise program, weight management schedule, etc. & based on their BMI and existing medical reports, etc, they will receive therapeutic lifestyle support. In cases of HBP, Diabetes, etc.

**4. E-counseling:** All clients are eligible for e-counseling on any aspect of their health prescription and will be counseled by qualified and knowledgeable specialists in the areas of medicine, psychology, nutrition, exercise, etc.

**5. Health Tips & Articles:** All clients will receive weekly/monthly, health tips and articles as relevant to their individual condition pertaining to their Cardiac Care, Stress levels, weight requirement, smoking cessation, etc.

**6. Health Education Talks** by world standard speakers: All clients will be categorized and invited to attend the talk on topics relevant to them covering Cardiac Care, Disease Management, Stress and coping, Exercise and fitness, Nutrition & Diet, Quit smoking systems, etc.

**7. Health Activities:** Health activities including, Company walkathons, family sports programs, 5 start fitness programs will be conducted year round for which clients are eligible to participate.



*\*Subject to change as mutually agreed*

### Corporate Benefits

- ✓ A happy, health & productive employee
- ✓ Reduced absenteeism & presenteeism
- ✓ Reduced healthcare cost & insurance claims
- ✓ Reduced workers compensation claim

### Employee Benefits

- ✓ Get holistic view of your health, wellness & lifestyle
- ✓ Set goal, track goal and yield better health results
- ✓ Make informed health decisions
- ✓ Take control of your family's health
- ✓ Be a switched on employee

**Contact: Mr. B.V.Praveen Kumar - Marketing Coordinator**

**Tel:** +971 7 2268302, **Mob:** +971 52 6408278, **Email:** praveen.arabianwellness@gmail.com

**Website:** www.arabianwellness.com

Supported by:



Managed by:

