

### Synopsis:

Forty-nine per cent of North Americans suffer from fatigue. To counteract the effects of fatigue, many rely on unhealthy caffeinated beverages and unnecessary pharmaceutical drugs. Wellness Factors has developed a nine-week interactive, continuing education program for managing fatigue that will result in a healthier, more productive workforce.

### Product Description

Fatigue Management is a continuing education program carried out in the workplace and via webinars every year for nine weeks.

- ✓ Promotional materials such as wallet cards, wall posters, fatigue assessments and emails are distributed to each workplace location to garner participation in the upcoming nine-week program.
- ✓ Employees can register themselves or family members for the upcoming workshop online, with all registration and administration functions carried out by Exan.
- ✓ The introductory three-hour workshop takes place at the workplace or a nearby convention location and is facilitated by fatigue management expert Dr. Lisa Delong. Over the next nine weeks, as participants begin practicing newly learned lifestyle skills, the program continues via webinar teleconference. Weekly workshops are 60 minutes and include the assignment of personal initiatives to reduce fatigue.

- ✓ Dr. Delong will use the Wellness Factors portal to enhance the educational experience and results in participants' lives.
- ✓ At the end of each nine-week program, individuals who require more intensive support are encouraged to join a facilitated 16-week, 12-person telephone cell group. Some participants may also want to repeat the program.

### Educational Objectives

To give employees the information, tools and practice in behavior change to identify and manage the core drivers of fatigue. Employees also receive access to doctors and experts in the field of sleep performance through the email-a-question-to-an-expert program and one-on-one coaching.

### Continuing Education

Continuing education supports the sustained behavioral changes required to overcome fatigue. The nine-week fatigue management program, together with practical skills training, is a world-class distance educational program designed to complement the various learning styles of participants. The combination of in-person interactive workshops, online telephone workshops, workplace campaign tools and Web health technologies all work to empower employees and family members to overcome the debilitating effects of fatigue.