



ATTRACTING, RETAINING, AND INSPIRING PEOPLE TO BE THEIR BEST  
FLOWS FROM HR AND WELLNESS BEST PRACTICES.

**WELLNESS FACTORS** inc.  
...enhancing workplace environments and performance



## #1 - HUMAN RESOURCES BEST PRACTICES



### DETERMINE

Growing your business volume does not always require new hires. Outsourcing, offsite contractors, temp agencies, or reducing man hours by utilizing software or website upgrades are all options that your HR consultant can help you with.



### CAST A LARGER NET

Recruiting top-notch employees from today's competitive workforce requires you to cast a larger net that includes social media. Let us show you how to do this as well as create the right package to attract them.



### CRYSTAL CLARITY

Effective employment contracts not only protect you, they also create career paths with crystal clear job descriptions.



### PERFORMANCE MANAGE

Most employees have an innate desire to be at their best performance. Wellness Factors trains your management team to get your employees there by using performance management methods and biannual reviews.



### KNOWLEDGE IS POWER

Having consistent access to a senior HR consultant is a smart way to fast-track your organization in the use of these HR best practice tools.



### AUTOMATE

Human Resource best practice software automates and reduces labour on managing each of the five initiatives on the left. All employment contracts, employee reviews, as well as attendance, salary and automated reminders are located in one secure place.



### PERSONAL LOGIN

USER NAME

PASSWORD

Each employee and family member can track their health journey by accessing their own personal and private web portal to educate them in the latest health sciences pertaining to their mental, physical, and relationship health.

### DASHBOARD

The personal dashboard gives access to 17 assessments where you can track your scores, set reminders, and retake assessments to track progress.

### MANAGING DISEASE

People, who have a disease, can learn whether it's reversible and how to reduce its impact.

### HEALTHY LIVING

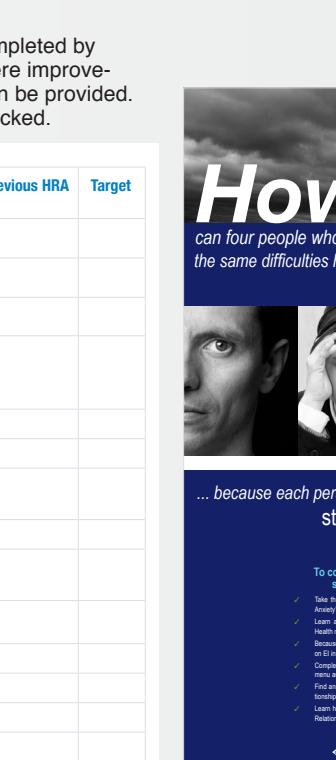
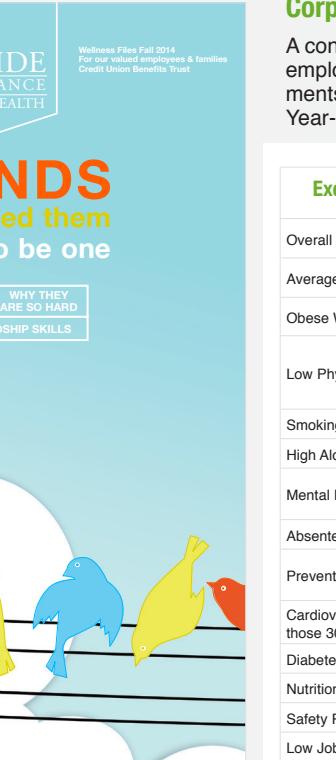
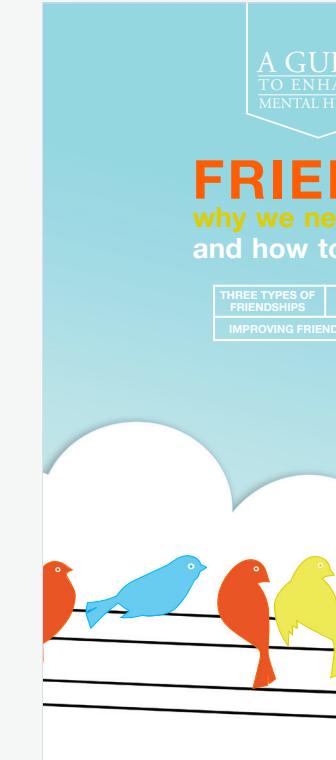
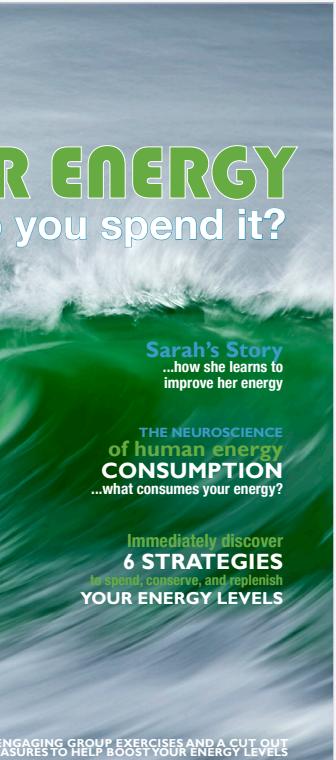
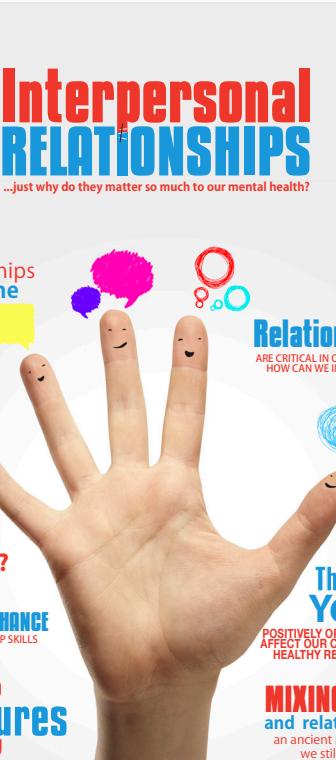
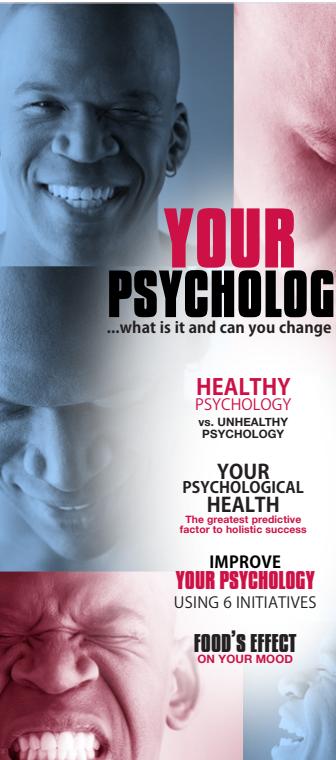
The U.S. Surgeon General says that over 70% of diseases can be avoided. This section equips your employees and their family members in warding off premature disease.

### WORKPLACE WELLNESS

This section reviews various activities that help employees contribute to creating a healthier workplace.

### WELLNESS AT HOME

Help employees and their family members create the healthiest home possible. Check out our new assessment: "How healthy is your home?"



## #2 - EMPLOYEE AND FAMILY WELLNESS PROGRAM

Provide opportunities for employee and family members to enhance their mental, relationship, and physical health.

### Interactive Portal (via email, phone, and webinars)

Interactive Health Portal: To register for activities and access personal health files.

Mental-Relationship Health Guides: Practical advice to enhance mental and relationship health skills

Health Risk Appraisal: Addresses health awareness and paths to improving it.

Workplace Wall Posters: Promoting upcoming activities.

Health Masters Workshops: Interactive workshops on mental and relationship health skills.

### 24/7 Access to Counsellors

- » For employee and household members.
- » Master degree level counsellors.
- » Access from:

» In person

» Phone

» Texting

» Live CONNECT

### 24/7 Access to Coaching

- » Expertise in over 16 daily lifestyle challenges that people experience.
- » Master degree level coaches.
- » Education materials sent out.