

Personal Health Management

Health Risk Assessment

Health Coaching

Wellness Programs

Bringing Online Wellness to Your Employees



What kinds of programs are available?

The Health YOUNiversity staff have developed a variety of online wellness program solutions that have an individual focus and which can be successfully delivered via the internet. Using our webinar service, our staff are able to converse with and engage program participants throughout the initiative, leading to stronger results that contribute to long term behavior change for the participants and a healthier bottom line for your organization.

Developing a Healthy Relationship with Eating

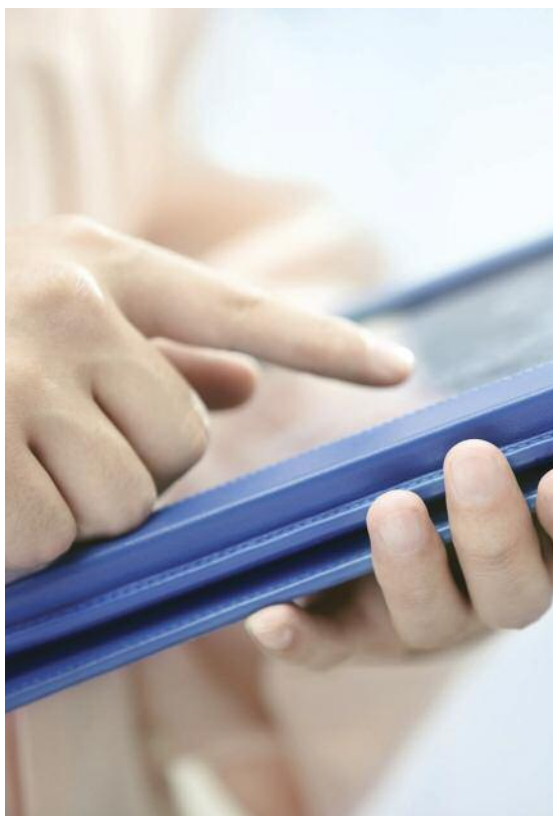
The focus of this 6-week initiative is to learn about the various mental and physical aspects of emotional eating and identify emotional eating patterns that may be impacting your overall health. Adaptive strategies to develop a healthier approach to eating will be discussed and practiced on a weekly basis.

Work at Home Wellness

The Health YOUNiversity team works from home, so they can identify with you and the challenges faced by a workforce that is not centrally located. This five week program, geared to telecommuting employees, provides the necessary tools to establish a healthier, more productive work life through customized eating habits and exercise programs.

Stress Resilience

Recent research suggests that employee stress may be at the heart of escalating absenteeism and presenteeism costs in the workforce. This 4-week program designed to help your employees understand stress and its psychological, physical, and environmental components. During the program, participants develop a "tool box" of stress management techniques that will improve their sense of control which is a significant driver of job satisfaction and individual perception of stress.



Get Started Today!

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