

Health YOUiversity



Bringing Online Wellness to Your Employees

Online Wellness Options

Providing wellness options for your employees that also meet the financial expectations of your executives may be easier than you think. Health YOUiversity, NIFS creative and effective online wellness program, offers a wide variety of programs and services via phone, web, and teleconference to help employees reach their health goals and adopt healthy habits.

The Program

Health YOUiversity is managed by a registered dietitian, and programs and services are provided by fitness, and/or nutrition professionals. The user-friendly Health YOUiversity website serves as the program backbone and helps employees with access to the following services:

- Health Coaching—Employees receive a personalized meal and/or fitness plan, along with regular follow up and encouragement from a wellness professional.
- Personal Health Management—Employees assess their health with a Health Risk Assessment, track personal health status, and access the online health and wellness library.
- Lifestyle and weight management programs—Through teleconference lectures, employees learn how to achieve and maintain a healthy weight.
- Tobacco control—NIFS Butt Out program is delivered via teleconference to employees who desire to quit tobacco use.
- Wellness Lectures—Employees participate in teleconference seminars on a range health topic.

The Perks

When your employees connect one-on-one with Health YOUiversity Coaches who are dedicated to delivering telephonic and/or e-mail based individual coaching that emphasizes behavior change, those employees notice a positive impact quickly. The online program allows participants to engage in a variety of wellness services on their own schedule.

The Payoff

Health YOUiversity requires no capital investment nor do our staff require space at your office. In addition, Health YOUiversity is a fantastic wellness solution if your employees are spread throughout the city, state, or country.



Get Started Today!

Contact Bethany Garrity,
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