

Available across the country to serve all locations.

Infusing Life into Your Health and Wellbeing Programming

Virtual health promotion application and facilitation with 1:1 coaching.

Monthly Fee

Free

Coaching + Culture Package

Lifesaver Wellbeing Series

Wellbeing Activator – health promotions professional with wellness coaching certification

X

1:1 Health Coaching – flexible scheduling to support multiple shifts

X

Live, Incentive Programs – from 6-12 weeks throughout the year including Stop Stress this Minute, Maintain, Don't Gain and more

X

On-demand, Incentive Programs – up to 12-13 weeks

- Get Healthy, Get Moving
- Mental Health Moments
- Self-Care Essentials
- Eat Right for Life
- Cholesterol Crunchers

X

Monthly Team Champion Calls – support to create a team champion network and ongoing calls with idea generation to engage teams

X

Monthly Calendar of Events – organized plan to aid team champions in supporting wellness activities

X

Monthly Resources – See Lifesaver Wellbeing Series handout for details

- Handout/Poster – English and Spanish
- Interactive Whiteboard
- “Prescription for Life” Podcast
- E-mail Communication – print and video
- Banner Ads
- “Mental Health Moments” Webinar

X

X

Additional Resources – Trackers, Bingo Cards, Educational Handouts and National Observance Events

X

“Bellin Lifesaver Wellbeing Series” Facebook and YouTube Channel – with video links and relevant content

X

X

Health Navigation – 24/7 Nurse on Call line with organization’s health benefits embedded for ease of health system navigation

X

120-Day Reporting

X

Program Coordinator – Coordination assistance for team champions and support for organization HR/Benefits lead

X

Affordable pricing and packages for organizations of all sizes all sizes.



Randy Van Straten
Vice President
randy.vanstraten@bellin.org
920.436.8681



Kristin Jacques
Partnership Strategist
kristin.jacques@bellin.org
920.436.8682



Ann Kresl
Partnership Strategist
Northern Market
ann.kresl@bellin.org
715.938.2992

bellinhealth



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