



THE **SMART** SOLUTION TO  
 RISING HEALTH CARE COSTS.

For more information call  
**1-800-838-0337**

## FEATURES & BENEFITS

**S**TERLING WELLNESS SOLUTIONS is dedicated to reducing the costs of health care by educating employees and their dependents on how to manage their health risk factors. Employee wellness programs have helped employers for years by reducing the costs of health care, disability claims, worker's compensation claims, and absenteeism. Sterling Wellness Solutions offers a comprehensive selection of wellness services that provides clients with a complete health management solution.

Our goal for every client is to reduce health care costs and keep individuals out of the hospital by improving the employee's quality of life, decreasing absenteeism and increasing productivity, morale and longevity. Sterling Wellness Solutions is the smart solution to your health care program.



**Improve  
 your  
 employee's  
 quality  
 of life.**

### Preventive Lab Testing and Health Screenings

- \* Prevent future large health claims by identifying unknown risk factors early
- \* Conveniently offered on-site to increase participation

### Health Risk Appraisal Questionnaire and Personal Profile

- \* Increase health knowledge
- \* Identify personal risk factors

### Individual Consultations

- \* Increase employee morale, productivity and longevity by regularly encouraging healthy lifestyle behaviors
- \* Increase health knowledge
- \* Decrease absenteeism

### Disease Management Program

- \* Increase longevity
- \* Increase productivity
- \* Reduce absenteeism

### Confidential Group Reporting

- \* Identify overall group risk factors
- \* Benchmark program success

### Health Education Programs

- \* Develop responsible health care consumers
- \* Reduce overall group weight and body fat
- \* Increase nutrition awareness
- \* Relieve stress
- \* Reduce Coronary Heart Disease risks
- \* Reduce risks for cancer
- \* Increase self-care

### Incentive Programs

- \* Increase program participation

### Affordable Services

- \* Discounted lab testing
- \* Apply charges to group insurance plan (depending on plan type)

### National Company Presence

- \* Service multiple locations





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