



## Corporate Health Solutions

### Orlando Health Corporate Health Solutions

offers clinician-developed wellness programs and customized healthcare solutions that encourage your employees to take an active role in their health and well-being.

Every year, employers spend billions of dollars in healthcare benefits for their staff. And companies with employees who have moderate to high levels of health risk factors are likely to spend even more. However, national studies have shown that implementing corporate health and wellness programs not only helps to reduce these costs, but can also increase productivity, lower absentee rates and reduce the number of workers' compensation claims.



The Orlando Health Prevention and Wellness team will work directly with your company to help define a corporate wellness strategy that will meet the needs of your organization. Some of our valuable resources include:

- Corporate wellness lectures and workshops.
- Health screenings and assessments, such as blood pressure, cholesterol, bone density and body fat.
- Lifestyle-focused program solutions selected to meet the specific needs of your employees.
- Referrals to top adult and pediatric medical specialists.
- Tools and resources for managing chronic diseases.

We've brought together all the essentials you need to build — and sustain — a permanent culture of health and wellness in your company.

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**Contact Corporate Health Solutions  
at 321.843.3142 or email  
CorporateHealthSolutions@OrlandoHealth.com**

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*Mailing Address*  
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# General Health, Wellness and Fitness Topics

All presentations and programs listed can be customized to fit your needs. Please let us know if there is a specific topic of interest not included in the following list.

## **Back in Action** (1 hour)

Experts estimate that as many as 80 percent of Americans will experience back pain at some point in their lives. Learn about back pain, lower back injuries, proper lifting techniques and safe techniques for strengthening your back.

## **Benefits of Exercise** (1 hour)

It's a well-known fact that regular exercise provides many health benefits, but what are they exactly? Become better acquainted with how exercise can help you live a longer, healthier life.

## **Exercise Essentials** (1 hour)

Do you want to start exercising, but you're not sure where to start? Learn the difference between cardiovascular, strength training and stretching exercises in order to optimize your workouts.

## **Exercise for Weight Loss**

(1 hour)

It's an easy equation: Burning more calories than you consume leads to weight loss. Discover calorie-burning exercise activities that will help you maximize your weight loss.

## **Fitting Exercise into a Busy Schedule** (1 hour)

The key to improving your health is to make exercise a priority. Learn how to fit your workouts in, even when you're juggling a busy schedule.

## **Holiday Party Survival** (1 hour)

The holiday season doesn't have to impact your waistline. Learn how to get through the holidays without gaining extra pounds as we discuss exercise and meal planning, party prioritization and strategies for eating and drinking at parties.

## **Know Your Numbers** (1 hour)

Your numbers provide excellent insight into your overall health. Learn more about your numbers and why they are important.

## **Maximizing Brain Health** (1 hour)

There are ways you can optimize your brain health, even as you age. And the sooner you take action, the healthier your brain will become.

Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol and type 2 diabetes.



## **Preventing Heart Disease: What You Need to Know** (1 hour)

Although heart disease is sometimes thought of as a “man’s disease,” it is the leading cause of death for both women and men in the United States, according to the Centers for Disease Control and Prevention. The majority of risk factors for heart disease are modifiable — which means the odds of preventing heart disease are in your hands. Learn what can you start doing right away to improve your heart’s health.

## **Reducing Stress** (1 hour)

What is stress and what does it do to your body? Learn the effects stress has on your body, and effective strategies to help you manage and relieve stress. Each session will end with a relaxing stretch break.

## **Sleep and Disorders of Sleep** (1 hour)

When you sleep well, you wake up feeling refreshed and alert. In fact, according to the National Sleep Foundation, sleep affects how you look, feel and perform on a daily basis, and ultimately has a major impact on your overall quality of life. Learn all about sleep, including what could be disturbing your sleep and tactics for improving your sleep quality.

## **Walk Your Way to Better Health** (1 hour)

No gym membership? No problem. Find out how you can walk your way to improved health.

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# Nutrition Topics

## Dining Out (30 minutes)

Two in five people say restaurants are an essential part of their lifestyle, according to the National Restaurant Association. If you enjoy dining out, it is important to know all of the facts when it comes to nutrition and restaurant dining. Learn where to eat, how to decipher menus and the trick to keeping your calories in check.

## Eat Right for a Healthy Weight (1 hour)

Attaining a healthy weight contributes to your overall well-being. In fact, losing even a few pounds can have a big impact on your health. Learn simple, realistic ways to change your lifestyle in order to meet your goals.

## Foods for Stress Management (1 hour)

Stress can take a toll on your body, mood and appetite. Learn how the food you crave when you're experiencing stress can influence your health, and how certain foods can actually help you fight fatigue and manage stress in a smarter way.

## Holiday Top 10 (30 minutes)

The holidays don't have to mean weight gain. Learn simple strategies that can help you enjoy the holiday season without packing on the pounds.

## Nutrition for Colon Cancer and Your Health (1 hour)

Did you know that you can prevent one-third of the most common types of cancer by simply staying lean, eating smart and moving more? Learn how dietary changes can decrease your risk for cancer and other diseases.

## Pantry Makeover (1 hour)

The best way to ensure a healthy diet is by keeping a well-stocked pantry. Learn which healthy staples you should have on hand, which foods to throw out and how to make quick, well-balanced meals.

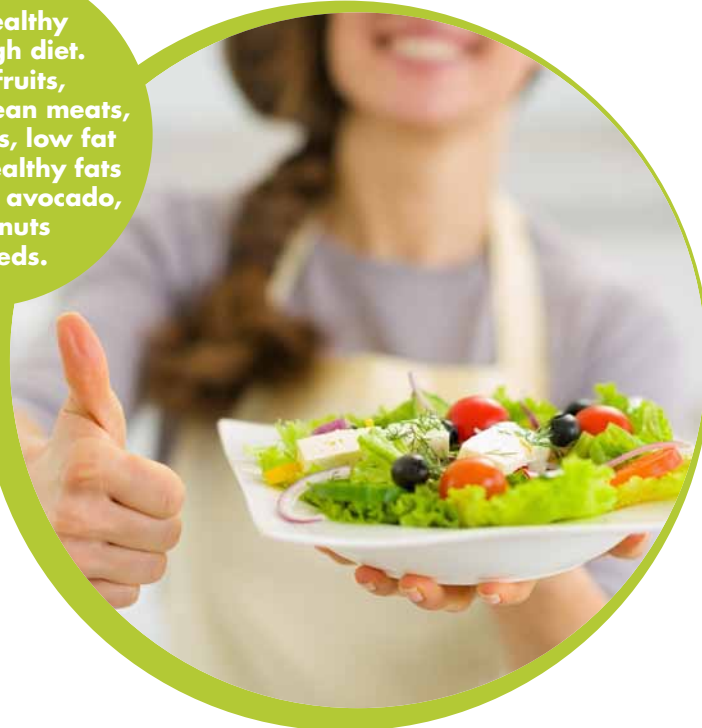
## Portion Control (30 minutes)

You probably know the importance of portion control, but can you identify a proper portion size? Learn how you can lose weight simply by reducing your portions.

## Rough It Up: Fiber (1 hour)

Diets high in fiber can help decrease your cancer risk, improve your heart health and give you more energy. Unfortunately, the majority of Americans don't eat enough fiber. Learn which foods contain this vital nutrient, and how it can positively impact your health.

Live a healthy life through diet. Choose fruits, vegetables, lean meats, whole grains, low fat dairy and healthy fats like olive oil, avocado, olives, nuts and seeds.



## Smart Snacking (1 hour)

Snacking can be a great way to maintain a healthy weight and increase your energy — as long as you're eating the right things. Learn how to choose balanced snacks that will keep you full without sabotaging your health. Samples will be provided.

## Top 10 Healthy Habits (1 hour)

Are the foods you're eating good for your health? Your diet can impact your risk for heart disease, cancer, high blood pressure, stroke, diabetes and osteoporosis, just to name a few. Learn how small nutritional changes can improve your health and make you feel great.

## Using Color as a Guide for Healthy Eating (30 minutes)

Maintaining a healthy diet isn't just about counting calories. Learn how to revitalize a dull diet by incorporating colorful, nutrient-rich foods.

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# Health Education Lecture Series

(Four to five lecture topics within each series)

**Brain Health** This series acts as an owner's manual for your brain. You will learn tactics for optimizing your brain's health at any age, in addition to interesting, mind-bending facts about the super computer in your head.

**Cancer Health** Making healthy lifestyle choices, such as staying active, eating well, not smoking and getting recommended screenings, can prevent many types of cancer. In this series, you will learn ways to lower your cancer risk, including comprehensive information on which screenings to get and when to get them.

**Caregiver Health** Caring for yourself is one of the most important things you can do as a caregiver. Unfortunately, it's often the first thing to be neglected when you're also caring for a loved one. This series will focus on the importance of taking care of your health and well-being when serving as a caregiver.

**Diabetes Health** This series provides comprehensive information about diabetes — from understanding your diagnosis and treatment options to learning the lifestyle changes that can best help you manage long-term health problems.

**Family Health** Encouraging healthy lifestyles at an early age can have long-term benefits for children. This lecture series will address today's family health challenges and create awareness for disease prevention. These discussions will focus on the health needs and challenges of children and adolescents, as well as family, reproductive and sexual health.

**General Health** When it comes to your health, knowledge is power. This series creates disease-prevention awareness and offers healthcare screenings from different specialized areas.

**Heart Health** The best heart care begins with prevention and early intervention. This series covers a range of healthy heart information, from reducing risk factors in those with heart disease, to preventive care for those with healthy hearts.

**Live Well, Work Well** The average individual deals with a lot of stressors on a daily basis — everything from managing personal finances to handling relationship issues to meeting work deadlines. This series provides guidance and support when dealing with issues that can affect your productivity both at work and at home.

When adults are active 30 minutes a day for at least five days per week it can increase cognitive functioning, mental clarity and mental stamina.



**Men's Health** The men's health series aims to help you identify, prevent and treat conditions that are most common or specific to men. You will learn preventive practices for maintaining health, which includes improving your diet, exercise and stress management. You will also learn the importance of reducing behaviors that can be detrimental to your health, such as smoking and excessive drinking.

**Nutrition Health** This series will provide you with all of the basic nutrition information you need to lead a healthier lifestyle. From distinguishing between facts and myths, to learning the best foods to eat to reach your goals — this series covers it all.

**Orthopedic Health** Bone and joint health is an area many people don't think about until there's a problem. This series will cover the scope of orthopedic health and disease treatment, which includes your bones, muscles, tendons, ligaments and related connective tissue.

**Sleep Health** This series explores the nature of sleep, addressing topics such as sleep deprivation, sleep disorders and ways to improve your quality of sleep.

**Sports Health** Through this series of lectures, you will learn about the prevention and care of sports injuries. Whether you're an athlete or a weekend warrior, you will learn about the most common and serious illnesses and injuries associated with physical activity.

**Stress Health** Learn proven methods for preventing, reducing and coping with stress. You will learn some of the most effective ways of dealing with stress, as well as techniques for optimizing relaxation.

**Women's Health** This series delves into a broad range of biological and psychosocial topics specific to females, some of which include menstruation, contraception, maternal health, childbirth and menopause.

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# Programs and Challenges

The following programs and challenges are designed to help motivate your employees to increase their physical activity and improve their overall wellness. The Orlando Health Prevention and Wellness team coordinates the programs, and sends the information via email to your internal program coordinator. Each participant is to complete activities in their personal time. All prizes awarded will be at the discretion of the employer.

## Portion Power

If you don't have time to come to us, we can come to you. Portion Power is a four-week email program designed to help you identify appropriate portions so you become more aware of the quantity of food you consume and the calories associated with those portions. You will learn techniques for modifying portions and making a change to your lifestyle.

## Walktober

Walktober is a month-long walking initiative that encourages individuals and teams to use the month of October to engage in more physical activity by walking. You will select a 31-day Walktober goal, based on your current walking pace, that is obtainable, but still challenging. And to keep participants motivated, we will provide daily, customizable content that can be sent out via email or posted internally.

## Maintain Don't Gain

This program is designed to help you avoid the dreaded holiday weight-gain. Participants will weigh-in the week prior to Thanksgiving, and will weigh-out the week following New Year's Day. Those who maintain their pre-Thanksgiving weight within 2 pounds can be eligible for a prize drawing.

## Spring Into Motion

This uplifting, four-week fitness incentive program will lift your mood as you transition from the winter doldrums into the spring sunshine. You will earn credit for all types of physical activity while learning ways to revamp your diet, manage stress, organize your life and feel renewed.

On a daily basis, being physically active improves your quality of life by improving your energy level, mental sharpness, mood and flexibility.



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# Pricing

## Education and Lecture Series

Complimentary

## Programs/Challenges

\$100 administrative fee per program

## Train Wellness Champions

Special training to help create a culture of wellness in your company and connect employees with wellness programs and resources

## Biometric Screenings

- Point of Care Lab Testing (finger stick) – Total cholesterol, HDL, LDL, glucose and triglycerides
- Ratio between Total Cholesterol and HDL
- Blood Pressure
- Body Mass Index (BMI) – Height and weight measurements

Up to 75 participants – \$30 per person

76 to 149 participants – \$28 per person

150+ participants – \$26 per person

*Prices subject to change.*

If there is a specific topic of interest or desired service not included in the preceding list, please let us know. We can customize presentations, programs and services to fit your needs.

For more information or to schedule a presentation, please contact:

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**Corporate Health Solutions offers wellness programs that encourage your employees to take an active role in their health.**



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