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## **InWellness Brings Self-Empowered Wellness to Businesses**

Fueled by Self-Motivation, Integrative Approach to Employee Wellbeing Lowers Costs

**Milwaukee, WI.** --- The unique InWellness model for keeping individuals healthy, happy and productive can now work its magic for employers and their businesses through the InWellness Corporate Program. Employers large and small are feeling the pressure for a healthier workforce, lower healthcare expenses and initiatives that will boost their profit margins. The InWellness Program incorporates all best practices and more to help them succeed.

First, each employee's wellbeing is assessed through an hour-long online inventory questionnaire. The inventory—the most comprehensive of its kind—measures their wellbeing in 12 life areas. What's even more unique is that it also measures the employee's satisfaction with each answer. The results, represented in a report and a chart, yield the foundation for a wellness plan that is highly customized and incorporates the employee's own motivation into measures to improve health, happiness and wellbeing.

Second, InWellness navigators, career healthcare providers trained to interpret the inventory results, meet with each individual to craft their wellness plan for the year. Follow-up, accountability, support and rigorous documentation are built into the plan to ensure maximum effectiveness and employer ROI.

Employees then discuss treatment options with their navigator. They may choose their own doctors or any InWellness provider. InWellness providers offer the greatest variety of modalities of any midwestern wellness network, including both traditional and integrative. All providers are licensed and work in their own facilities, keeping overhead low for employers and their staffs. InWellness Corporate clients receive services at up to a 20% discount at InWellness network providers.

The comprehensive inventory assessment tool, combined with the personalized, caring attention of a real live professional navigator, make the InWellness model a fresh and powerful approach that addresses a rampant need. According to Timothy Bartholow, physician and senior vice president of the Wisconsin Medical Society, "While physicians' ability to understand diseases has improved markedly in the last century, the U.S. health care system doesn't adequately emphasize wellness or patients' needs."

The InWellness Corporate Program packs in plenty of fun, too. Its menu includes Lunch and Learns ranging from Mindfulness to Creative Expression (drumming, laughter yoga, etc.) and onsite group exercise classes from Core Training to Kickboxing, all tailored to the employer's needs.

InWellness is a southeastern Wisconsin membership network of healthcare practitioners and clients who create wellbeing and personal fulfillment through comprehensive assessment tools, holistic, customized treatments and support in all life areas. Providers include both traditional medical doctors and alternative health practitioners who work according to principles adapted from the American Board of Integrated Holistic Medicine (ABIHM) and collaborate for clients' wellness. InWellness can enhance the health and wellbeing of your business or organization and reduce current health insurance claims and costs. For more information, visit [www.inwellnesstoday.com](http://www.inwellnesstoday.com).

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