



KGA HEALTH AND PRODUCTIVITY PROGRAMSSM

WELLNESS SERVICES

KGA is committed to helping companies with rising health care costs. In addition to the EAP, Training, Coaching and Consulting, KGA has a family of products and services geared to wellness in the workplace. These health and productivity programs can be combined with the KGA EAP or purchased as stand-alone products and services.

Some of our wellness offerings include:

COMPANY WELLNESS ASSESSMENT

- KGA Wellness Audit
- KGA Wellness Report
- Focus Groups
- Strategic Stress Management
- KGA Health Risk Assessment
- Health Risk Appraisal- Group Report
- Clinical Measures (Blood Pressure, Cholesterol, Body Fat, Glucose)

INDIVIDUAL WELLNESS ASSESSMENT

- Five Minute HealthCheckTM
- On-site Health Risk Assessment
- Facilitated Discussion
- EAP Help Line
- Lifestyle Stress Assessment

WELLNESS FOLLOW UP

- Extended Wellness Program
- Wellness Seminars
- Reminder Mailings to High Risk Individuals
- KGA Health Reminder Cards
- Telephonic Counseling for High Risk Individuals
- KGA's Pregnancy Outreach Program (POP)SM
- www.kgreer.com

WELLNESS ACTIVITIES/ MATERIALS

- KGA Health Record
- Pregnancy Kits
- KGA's Twelve Minute Stress Program CDTM
- Biodots/Bendeez
- Stress Cards
- Stress Balls
- Stress Relief Toys/Giveaways
- Fitness Programs
- Fitness Center Management
- KGA Wellness DaySM

Each program is customized to the corporate culture after discussions with key personnel.

For more information call KGA at 508.879.2093 or email info@kgreer.com.

KGA, INC.

EMPLOYEE ASSISTANCE, TRAINING AND WELLNESS

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