

Holtyn & Associates
Health Promotion Consultants

**To register for WMU One to One Wellness Program:
“Improving On A Good Thing”**

Go to: www.holtynhpc.com

Click: [Login](#)

Click: [Enroll yourself](#)

Account ID: 32

Account Password: bronco (lower case)

Follow directions.

Questions: 382-5897

One to One

How It Works

One to One takes the time to understand you as a unique individual. We'll ask you to fill out an online Health Survey questionnaire and participate in an onsite Wellness Screening. Then you will meet privately with a wellness professional who will use what they have learned about you to create a wellness plan just for you.

Your plan will provide you with personalized strategies to help you make healthy choices, overcome pitfalls, and achieve your goals.

Your personal wellness coach will periodically contact you to provide support, encouragement and assist you in your goals.

You will have multiple opportunities to repeat your health survey, have your blood pressure, cholesterol, glucose and physical fitness re-measured. This will assist you in monitoring your personal progress. You do not need to fast for cholesterol test!

Your personal wellness data will be available to you at your own secured personal website.

More Program Details www.holtynhpc.com