

Congratulations on your new job! You're now an important part of the WMU community with an employer willing to **invest in you and your health.**

Welcome to One-to-One Worksite Wellness, provided by the experienced and trusted professionals at Holtyn & Associates. This is a service provided at no cost to you, to help you become the healthiest, happiest, most energetic person you can be...at your job and at home.

It starts with an online Health Survey followed by a **Wellness Assessment** at your worksite with your trained health coach. (All personal information is confidential; WMU receives University-wide aggregate data only.) During your 30 minute session, your coach will conduct a Biometric Assessment (cholesterol/lipids, glucose, blood pressure, weight, BMI, waist and fitness) and review your health survey. You and your coach will then discuss any health concerns you have, setting specific achievable goals in areas where you are ready for positive change. You'll have access to a personal webpage that contains your health data and provides you with resources and information. You may also choose to do the online health survey and complete the biometrics and coaching session with your Primary Care Provider (PCP).



WMU **supports you** in your efforts to improve your health and well-being. The **Western Wellness Committee** works with Holtyn & Associates, WMU Sindecuse Health Center, and WMU Student Recreation Center to bring you valuable, informative and motivating events to help you gain new skills and knowledge and spur you into action to improve your life. Take advantage of these **Lunch-n-Learns, Events, Classes and Challenges** throughout the year. Go to: wmich.edu/wellness

Not only is it in your own best interest to be, and feel, the best possible, but you'll be rewarded for your efforts. You will receive the Western Wellness incentive when you complete the three participant requirements: (1) online health survey, (2) biometric assessment and (3) health coaching session.

To get started go to www.holtynwellness.com to create your account, log-in, and set an appointment with a coach and **start down your path to a healthier you!**

Go to www.holtynwellness.com

**Click: Login...then click Enroll Yourself
Company Code: 1400**





WMU Benefit Eligible Employee Wellness Program Participant Registration

Follow the three steps below to complete the annual Wellness Assessment and become a new Western Wellness participant. You will receive a \$240 wellness incentive which is a reduction in your health plan contribution each pay period throughout the calendar year. It will begin the first full pay period of the quarter following completion of the Wellness Assessment (documents from a Primary Care Provider must be received).

1. Register by either downloading a registration form at www.wmich.edu/wellness or go online to: www.holtynwellness.com
 - a. Click: Login
 - b. Scroll down and click: Enroll Yourself
 - i. Your one time Company Code: 1400
2. Complete the online Health Survey at www.holtynwellness.com
3. Complete a biometric assessment and health coaching session with ONE of the following:
 - a. Holtyn & Associates 269-251-6858/bthomsen@holtynwellness.com **OR**
 - b. Primary Care Provider *fee may apply

**For additional information or assistance in registering,
please contact any one of the following:**

- Becky Thomsen | Holtyn & Associates Admin Assistant | 269-251-6858 | bthomsen@holtynwellness.com
- Katie Alkema | Holtyn & Associates Wellness Coach | 269-290-5167 | kalkema@holtynwellness.com
 - WMU Human Resources | 269-387-3620 | wmich.edu/hr | wmich.edu/wellness

