



Outcomes and Measurable Changes

Through Onsite Health Coaching and
Proprietary Software Solutions



The OMC Wellness Approach

For over two decades, OMC Wellness has utilized population health management solutions to demonstrate that effective wellness programs are those that are measurable, build a supportive wellness culture and influence individual behavior change.

Without exception, we have a proven track record of lowering health risks, promoting cost savings and driving measurable outcomes for our client partners.

The secret to successful outcomes?

We utilize physician-driven approaches and the science of behavior change to drive results for your organization.

Our coaches and the OMC Approach fully engage employees in their own health and wellness journey.



- ✓ We provide you with the perfect blend of solutions to engage your entire employee population.
- ✓ We help you design your initiatives to maximize employee engagement and achieve your desired outcomes.
- ✓ OMC understands how wellness works – but we also know how to make wellness work for you – regardless of organization size, location or industry.

Our Services

OMC Health Coaches Drive Change

OMC participants attain real lifestyle changes that impact their quality of life. These changes reduce health care expenditures among participant groups through an initial health risk assessment, motivational interviewing, programs and wellness challenges. OMC health coaches are on-site, providing face-to-face encounters that drive results.

- ✓ Health coaches use our proprietary software to collect, analyze and report the measurable changes and successful population health outcomes for your corporate wellness program.
- ✓ Health coaches are the catalyst to successful wellness outcomes and individual lifestyle changes that impact health and well-being for each and every individual engaged in the wellness program.

OMC Technology Promotes Outcomes

Wellness Workdays Tracking System*

Our proprietary coaching tool serves as an Electronic Medical Record (EMR) for health coaching. Our software uses physician-driven protocols that take the guesswork out of coaching and provide a systematic and consistent approach to an industry that has many certifications but few standards.

**The Wellness Workdays Tracking System may be licensed to track, document and drive outcomes for your coaching program. Includes a comprehensive HRA, encounter documentation, chronic condition management, physician letters and robust reporting.*





Customized approach. Exceptional results.

Maximizing Outcomes

OMC strategizes around six elements defined by Harvard Business School to focus our efforts and bring you benefits.

When demonstrating VOI (Value on Investment) and ROI (Return on Investment), OMC is your partner of choice – proven to create and sustain the total health of your employees.



Multi-Level Leadership



Accessibility



Program Scope & Quality



Communications



Organization Alignment



Partnerships

Source: Harvard Business School

Proven Results

We help you design your initiatives to maximize employee engagement and achieve your desired outcomes.

Results After Implementing the OMC Approach

Sustained participation levels at

↑ **85%** OR HIGHER

Increase low-risk participants by

↑ **36%** IN THE FIRST YEAR

Reduce high-risk participants by

↓ **24%** IN THE FIRST YEAR

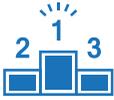
✓ Reduced medical spend among participant groups

✓ Per employee costs decrease by approximately **1.5% per year** over the life of the program



Why OMC Wellness?

OMC Wellness, a subsidiary of Wellness Workdays, achieves best practice standards through their shared philosophy.



Focus On Outcomes

Your organization. Your goals. Our award-winning strategy, nutrition focus and dynamic account team ensure success.



Strategic Direction

Using Harvard University research principles, we develop a unique and innovative program for your organization.



Hands-On Approach

Our team handles all of the details, big and small, so you don't have to.



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