

Well Aware



Creating Healthier Employees and More Productive Work Environments

Well Aware is designed to help both municipal leaders and employees. Municipal leaders benefit from customized strategies and initiatives that build thriving, robust, high-performing workplace environments. Where employees feel valued, supported and encouraged to make healthy choices. Employees and their families benefit from no cost programs helping them lead vibrant, healthy, productive lives now and into retirement.



Strategic, Custom-Designed Approaches

Offer wide range of engaging programs – Participants develop new attitudes and behaviors that enhance wellbeing in all areas: mental, physical, social and spiritual.

Help you build a wellness culture – Wellness needs to be a full engagement for each member and their employees to shape employee behavior and attitudes. Our ongoing programs support organizational change.

Make sure employees know how to get the right health care, at the right time and at the right place – Changes in health care utilization have a significant impact on the bottom line.

Well Aware Services and Programs

We focus on controllable areas of life – eating, sleeping and physical activity habits; building resilience and coping skills; and fostering meaningful social networks and a sense of purpose. We also target how we interface with the health care system.

Well Aware activities, customized for each member, promote wellbeing through awareness, education, social connection, and fun.

Our resources are delivered in multiple ways (onsite, online and telephonic) and settings (group and self-directed) to maximize convenience and usage.

