



# Corporate Wellness 2.0



Occupational Health Services, Valley Health System

PREPARED FOR PRELIMINARY CLIENT REVIEW 8/18/2021  
*Details and offerings are subject to change*

# 1 Stop Shop for Wellness

WE'RE  
(GOING)  
VIRTUAL

WEBSITE  
ACCESS

Live\*  
WEBINARS

ARCHIVE  
LIBRARY

SUPPORTING  
MATERIALS

SCREENING  
REQUESTS

## WATCH

- **Register** for the upcoming webinars of your choice, and add a reminder to your calendar, **or click to join** on the webinar's air date.
- Can't join to watch on the air date? **Watch it later!** All webinars are available on-demand once aired.
- Check out the **archive library** for previously aired topics and information on Valley services.

## ASK A PROFESSIONAL

- A **moderated Q&A** with a qualified staff member of the Valley Health System follows the event date airing of presentation
- Participants type their questions into the Q&A and have the option to **submit anonymously**
- **Missed the live air date?** Submit your question(s) in your survey feedback. We'll have them answered for you!

## RESOURCES AND HEALTH TOOLKITS AVAILABLE

- Downloadable **supporting materials** and resource links.
- **Health Toolkits** to help monitor and manage your health and share with your healthcare professional.

## PROVIDE FEEDBACK

- **live polls** for a more interactive experience
- **Tell us how you feel!** Rate the viewing, share your feedback. Help us tailor our program to you, the viewer!
- Considering a **health screening?** Fill out a request form included in the survey

\* For production and connectivity quality, presentations are pre-recorded and are launched on the specified calendar date. A live moderated Q&A, featuring presenter and/or medical professional, follows the presentation.

# MS Teams Webinars/Live Events

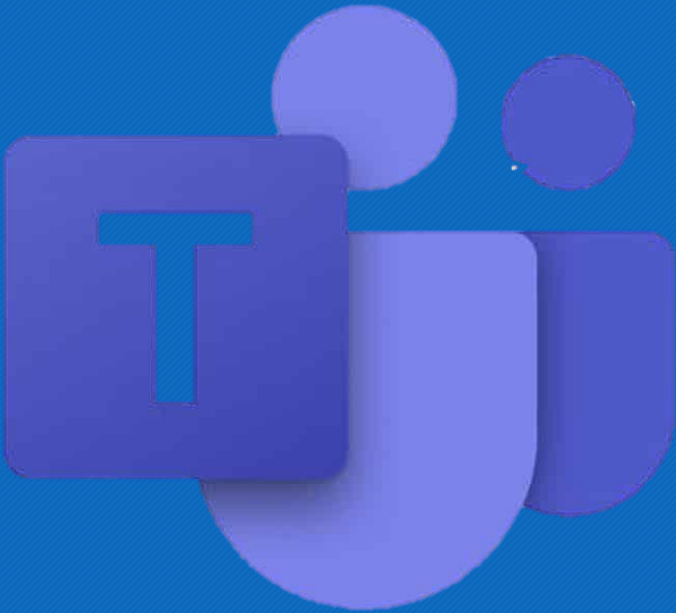
WE'RE  
(GOING)  
VIRTUAL

30 minute presentations by qualified professional  
followed by 15-minute moderated Q & A

All sessions are hosted on Microsoft Teams unless otherwise noted.  
Microsoft Teams Live Events are accessible via the Microsoft Teams  
App or compatible Web Browser (Chrome, Firefox, Edge.)

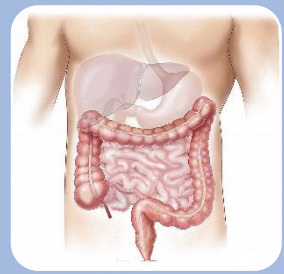
A Microsoft account is recommended but not required.\*

*To record participation, sign-in is required.*





# Whole Health Topics (Sample)



Mental Health

Fitness

Sleep

Nutrition

Women's Health

Digestive Health

\*trending

Anxiety  
Resilience

Breast Cancer  
Fibroids

GERD  
Colon Cancer

topic in  
media

# Your Organization's Subscription Includes

WE'RE  
(GOING)  
VIRTUAL



## Website Access

- 2022 calendar of webinar events
- Add to Calendar, Registration, and/or click to watch
- Information on Valley Services



## Content

- Health and wellness topic webinars (air dates and on-demand)
- Presenter bios and information
- Related resources & health toolkits
- 2021 Webinar Archive Library
- Health screening requests
- Surveys



## Corporate Contact Correspondence

- Dedicated Account Executive
- To Benefits Administrator or HR contact (Monthly)
  - Email reminders of upcoming webinars
  - Participation report\*



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