

VivaCore



Employee health programs have often been viewed as a nice extra, not a strategic imperative. But the data show otherwise. The ROI on comprehensive, well-run employee wellness programs can be as high as 6 to 1.

Harvard Business Review , 2011



Statistics Canada reports that an estimated \$12 billion is lost to workplace absenteeism each year.

Statistics Canada, 2011

Physically active employees report 14% to 25% fewer disability days. Per capita compensation costs can be reduced by 45% if employees are regularly active.

Benefits of Physical Activity @ Work, 2007

The odds of being absent from work were almost four times higher for obese young men aged 18 to 34.

Obesity on the Job, 2009

Heart disease and stroke costs the Canadian economy more than \$22.2 billion every year in lost wages and decreased productivity.

Heart and Stroke Foundation of Alberta Statistics

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Obesity on the Job, 2009

Corporate Wellness

VivaCore



Good for business.

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Corporate Wellness

VivaCore enhances the vitality, success and bottom line of corporations in Alberta by creating healthy, happy and optimally productive employees.

How? By conducting a corporate wellness assessment, VivaCore evaluates the current wellness of staff, and determines proven areas to boost your corporate wellness. A report based on the findings is presented with various inexpensive options that will be targeted specifically for your business to ultimately improve your bottom line. You pick the choices that suit your needs and VivaCore will go above and beyond to meet your needs.

Please view the options to the right but remember that VivaCore's creative team is continuously developing new programs to meet your needs.

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VivaCore Services

Corporate Wellness Assessment

Includes individualized consultation and evaluation of workplace wellness with a report of key recommendations.

Health Education via E-Learning

Topics are based on your organizational needs. Examples of topics include work-life balance, managing stress to work for you, nutrition for energy, and fitting physical activity into your work day. New topics are developed continuously to adapt to changing needs.

Wellness Retreats

Whether you want to bring your employees together to boost morale, encourage brainstorming or just get away, VivaCore will provide an event to meet your needs! Pick from pre-organized retreats or have a catered retreat developed.

Lunch and Learns

Enjoy a healthy lunch and learn how to fit physical activity into your work day, manage work-life balance, eat for energy, and enhance overall health. Topics are based on your organization's preference.

Ergonomic Adjustments

VivaCore knows how to make workspaces work for your staff. From providing scientifically backed products including keyboard wrist pads, foot raisers and monitor risers to adjusting your current setup we will make your staff comfortable while preventing carpal tunnel, sore backs and stiff necks.

Corporate Walking Challenge

Get your staff happy and healthy by increasing their daily steps and providing some healthy, fun competition. Challenges can be run between departments or individuals. See who can travel across Canada first!

Group Fitness Classes

Rev up your staff early in the morning; prevent after lunch lulls, or rid staff of any post work stress. VivaCore offers various levels of Boot Camp and Yoga. Our creative team will create space right in your workplace or we will provide classes at the closest facility.

Individual Health Assessments

Attract and retain staff by offering individual health programs for individuals with risk factors for weight related illnesses or for those who just want to attain new weight goal for summer.



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