



The EOH Executive Wellness Programme

Introduction

EOH Workplace Health & Wellness provides synchronised, interactive health and wellness solutions that span the continuum between disease and optimal health. In many companies, the divide between the legal compliance requirements for occupational health and wellness initiatives are never bridged. This leads to either a duplication of services or a fragmented approach to health risk management solutions within a company.



The innovative EA online portal enhances the EOH Executive Wellness experience by introducing clients to their own secure online health profile, and facilitating their journey to improved health and well-being.

The portal includes all the information needed to assist clients through the wellness programme: health and lifestyle questionnaires, blood pathology forms and post-medical feedback reports with a visual snapshot of one's health profile.

The EOH Healthy Living Library is an additional online educational resource available to all clients, but individualised exercise programmes may be prescribed by the consulting biokineticist and confidentially accessed by the client alone. Ultimately, the EA online portal serves as the client's secure, confidential and tailored health and wellness toolkit.

Executive wellness can be seen as the tip of a company's wellness strategy. As depicted by the pyramid below, it covers the fewest number of lives, but its benefit is often greatest as it allows the decision makers to reach their peak potential. **Over the past ten years the prevalence of chronic disease has increased significantly.** These chronic lifestyle diseases have commonly been associated with low socio-economic status and lack of education, hiding the fact that, within corporations, directors and senior managers are at a significantly high risk for these diseases, not through lack of health knowledge, but through lack of time and practical advice on how to modify their lifestyles within their own, unique life paradigms.

Together, with a strong team of health professionals, EOH Workplace Health & Wellness can provide a total integrated organisational health solution in addition to our Executive Wellness services.

The EOH Executive Wellness Programme is a professional programme offered by the EOH Workplace Health & Wellness Unit. We are a niche provider of executive health solutions, exclusive of all EOH Health's other work. **The ethos behind The EOH Executive Wellness Programme is the provision of quality medical and risk assessment; scientific, yet comprehensive individual and group reporting; on-going monitoring and practical intervention** - All within the broader offering of a total organisational health solution.

Our team of health professionals include doctors and specialists with national and international experience in the field of workplace wellness. Their experience in corporate health and chronic disease risk reduction, has led to the perfect synergy in providing an array of tailored proactive programmes. Solutions aim to prevent chronic disease risk, rather than treating it once it is irreversible.





Executive Wellness Services

The EOH Executive Wellness Programme is regarded as the starting point for executive assessments and is then tailored to each client's individual need.

The EOH Executive Wellness Programme offers:

- ▲ Comprehensive medical and lifestyle assessment, appropriate intervention, on-going monitoring and management
- ▲ Comprehensive feedback given at both an individual and group level
- ▲ Lifestyle and medical intervention if appropriate
- ▲ Facilitation of management by on-going monitoring and tracking
- ▲ Individual risk stratification allows focused and appropriate on-going intervention
- ▲ The service is delivered by a national network of medical practitioners who have specialised expertise and experience in the area of sports medicine, preventative health and wellness
- ▲ The assessments conducted countrywide, are done in strict accordance with the protocols and standards set by The EOH Executive Wellness Programme
- ▲ The nationwide programme implementation is closely co-ordinated and overseen by the Medical Director

Our associates in pro-active health management and disease prevention enable national coverage.

The EOH Executive Wellness Programme believes in embracing health and technology with the guidance of wellness experts.

This intervention strategy is substantiated by scientific research reporting that the successful use and potential health benefits related to wearable devices depend more on the health intervention strategies than on the features of their technology alone.

Executive Wellness Coaching

As part of the EOH Executive Wellness Programme we offer Wellness Coaching Sessions as follow-up service where a Lifestyle/ Wellness Coach further de-briefs the client on the medical results and risks identified. There is also a focus on the personal health/wellness/fitness of the client and a "lifestyle modification plan" designed.

This will include referrals to other wellness specialists such as sport scientists, biokineticists, dieticians, life/career coaches, psychologists and any other practitioners identified to facilitate the execution of a personal lifestyle modification plan and stimulate pro-active thinking for sustainable change.

A comprehensive, holistic approach to individual health and wellness sets the EOH Executive Wellness Programme a cut above the rest.

National Network of Executive Health Centres

All facilities promote the ethos of health and wellness through physical activity and many are situated at sporting institutions. In addition, each provide a wide range of allied professionals e.g. biokineticists and dieticians, within their practices. This allows for effective intervention and follow-up when risk factors have been identified.

Key Benefits

- ▲ Risk Mitigation
- ▲ Specialist led Programmes
- ▲ Integrated Workplace Health Expertise
- ▲ Nation-wide Coverage
- ▲ Focused Programme & Process reduces time away from work

