

Wellness Solutions

Interventions that drive results and workforce well-being.

WorkCare's Wellness Solutions support the health and well-being of first responders — including law enforcement officers, firefighters, and emergency personnel — as well as employees across industries and job functions.

Wellness Solutions is built on the eight interconnected dimensions of well-being – physical, emotional, social, occupational, intellectual, spiritual, environmental and financial. This whole-person approach helps employees perform at their best and stay healthy throughout their careers. When employers address all aspects of wellness, they see real results: fewer chronic health issues, reduced work-related injuries and absences, lower workers' compensation costs, and improved morale and retention.

BENEFITS FOR EMPLOYERS + EMPLOYEES

Our multidisciplinary team includes certified health coaches, strength and conditioning specialists, exercise physiologists, nutritionists, and athletic trainers. We provide onsite and virtual wellness support tailored to the needs of workforces of all types, including tactical athletes, industrial workers, administrative staff, corporate professionals and manufacturing teams.



DIGITAL WELLNESS PLATFORM

WorkCare's secure Wellness Hub and mobile app provide 24/7 access to personalized wellness resources, goal tracking, and behavioral health tools - all in one integrated platform. Employees can sync their wearable devices, participate in wellness challenges and earn incentives for healthy behaviors, making it easier and more rewarding to stay engaged in their well-being.

WHAT WE DO

We track wellness program participation, measure health outcomes, and return on investment using key physical, mental, and work performance indicators. Our versatile range of services includes:

- Health + Biometric Screenings
- Fitness + Functional Movement Evaluations
- Ergonomic Assessments
- Medical Exams
- Onsite Physical Therapy + Rehabilitation Support
- Nutrition Education + Customized Exercise Programs
- Brain Health + Mindfulness Training
- Work-Life Balance + Well-Being Challenges
- Wellness Coaching + Behavioral Health Support