



The StayFit™ Plan is more than just a wellness vendor—

—We are a consultative, strategic partner that leverages all of your resources to craft a corporate wellness program that is results driven!

Wellness Consultative Services

A StayFit™ Plan Service

Strategic Planning

The StayFit Plan offers comprehensive wellness consulting services by Certified Corporate Wellness Specialists. Our team has worked with hundreds of clients to create effective and successful work plans that achieve results.

Many companies jump into wellness without a strategically crafted plan. A blueprint is a **MUST** to achieve success.

Successful workplace wellness programs are those programs that use a workplace operating plan; aligning the company's mission, values, culture and budget.

The StayFit Plan Consulting services are offered at a nominal fee. Custom quoting is provided on an hourly basis or a per project fee structure.

Contact Us Today!

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Services Include:

- Organizational/Environmental Assessment
- Historical Data Analysis (including medical, pharmacy and biometric and/or health assessment data, etc.)
- Strategic Planning One (1), Two (2) or Three (3) year work plans
- Comprehensive Communication Plan One (1), Two (2) or Three (3) year plans
- Implementation Plan
- Implementation Timeline
- Employee Satisfaction Surveys
- Employee Needs and Interest Assessments
- Wellness Policies
- Tobacco Policy
- Vending Machine Policy
- Cafeteria Policy
- Wellness Reimbursement Policies
- Wellness Champion Charters
- Wellness Award Programs
- Recommended Measurement Metrics

Visit our website to download a FREE copy of our Corporate Wellness Program white paper.