



Better Business Through Wellness

Wellness Council *of Iowa*

of Iowa

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Get Involved.



Better Business Through Wellness

Wellness Council
of Iowa

BY TOMMY

Become a Member



The 7 Cs

1. Capture CEO Support
2. Create Wellness Team
3. Collect Data
4. Craft Operating Plan
5. Choose Programming
6. Create Support Environment
7. Evaluate Outcomes



Online Training
Case Studies
Presentations
Expert Interviews
Incentive Programs
E-Store
Web Sites





Visit the E-Store.



Better Business Through Wellness

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of Iowa

EST. 1978

PRODUCT SEARCH

search the store...

FOR PRACTITIONERS

- Membership
- Trainings/Education
 - 2011 Webinar Series
- Wellness Certifications
 - Certification 1
 - Certification 2
 - Certification 3
 - Certification 4
- National Training Summit
- Programming Tools
 - Educational DVDs
 - Presentations
 - Incentive Campaigns
- Health Risk Assessment

FOR EMPLOYEES

- Healthletters
- Health & Wellness Brochures
 - Addictions
 - Disease Management
 - Exercise
 - Fatigue
 - General Wellness

welcome to
WELCOA's New eStore**DO YOU HAVE A
PROMO CODE?****ENTER IT IN AT
CHECKOUT FOR
YOUR DISCOUNT**

FEATURED PRODUCTS

**Membership**

Our core membership benefits provide you with the tools, information, and resources necessary to better contain costs, improve employee health, and increase participation.

Price \$365.00[SHOP NOW](#)**Eat Right For Life Cookbook Companion**

WELCOA's "Eat Right For Life" Cookbook Companion is the ultimate skill-building guide to help your employees stay healthy by eating better.

Price \$3.95 (2 or more)[SHOP NOW](#)**2011 National Training Summit**

By attending WELCOA's National Training Summit on Medical Self-Care and Wellness, you can reap the benefits of improved employee health, reduce organizational costs and generate substantial ROI from your wellness initiatives.

Price \$389.00[SHOP NOW](#)

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Eat Right For Life Cookbook Companion

\$3.95 (2 or more)

[+ ADD TO CART](#)[HAVE A DISCOUNT CODE?](#)

WELCOA's "Eat Right For Life" Cookbook Companion is the ultimate skill-building guide to help your employees stay healthy by eating better.

[DOWNLOAD OVERVIEW & ORDER FORM](#)[DOWNLOAD SAMPLE RECIPE](#)

It's Hard For Your Employees To Eat Healthy—Until Now!

Let's face the facts: helping your employees (and their families) eat

FREE
INCENTIVE CAMPAIGN
WHEN YOU BUY 50 OR MORE

3

Attend the Conference.



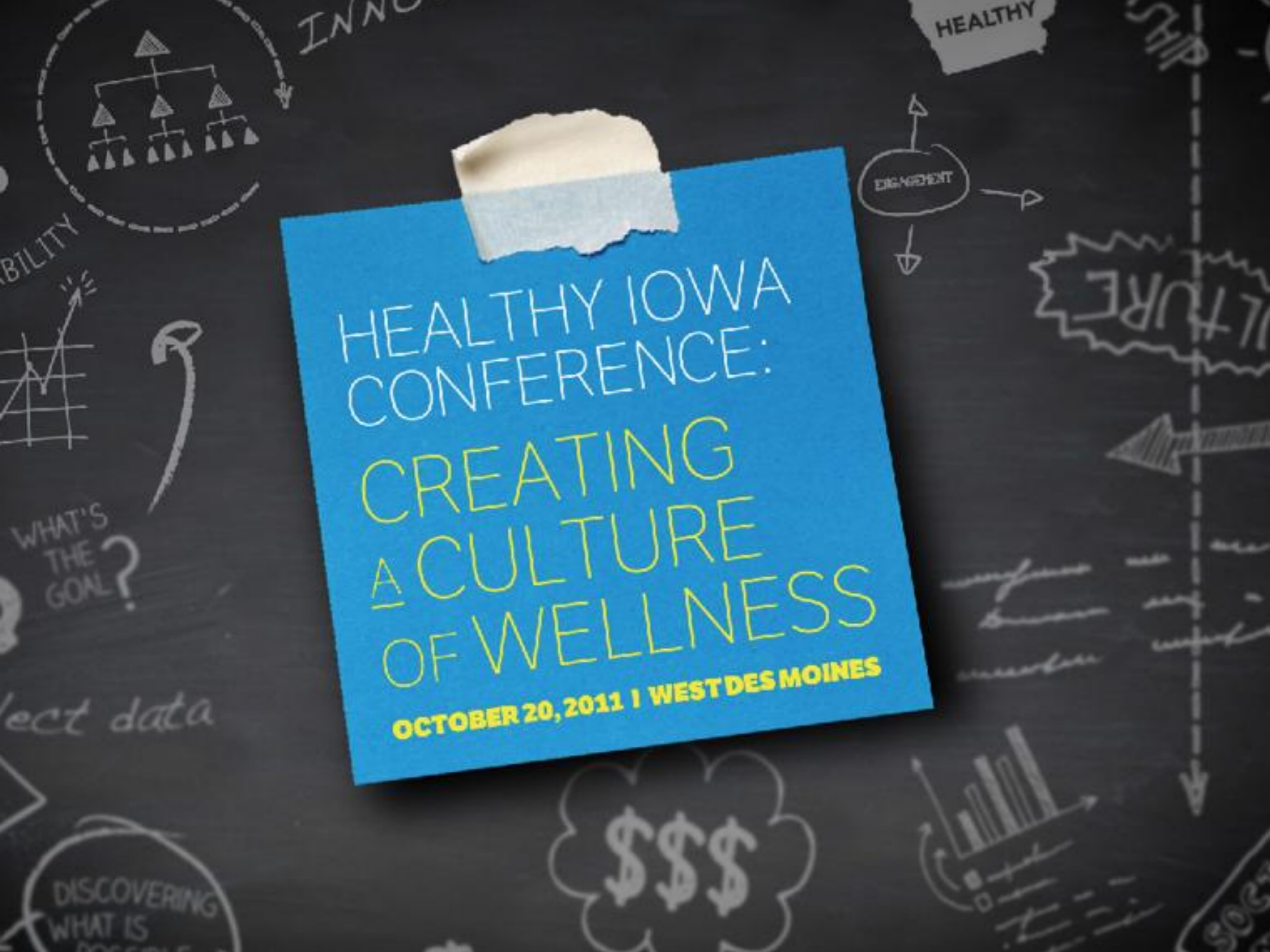
Better Business Through Wellness

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WELLSVILLE, IOWA

HEALTHY IOWA
CONFERENCE:
CREATING
A CULTURE
OF WELLNESS

OCTOBER 20, 2011 | WEST DES MOINES



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Take the Checklist.



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BY TOMMY



WELCOA

WELLNESS COUNCILS OF AMERICA

Based on the information you provided in the Well Workplace Checklist, your organization's overall ratings for creating a supportive environment as it relates to the aforementioned seven specific health behaviors are:

Physical activity

NEEDS ATTENTION

GOOD

VERY GOOD

EXCELLENT

Tobacco use

NEEDS ATTENTION

GOOD

VERY GOOD

EXCELLENT

Nutrition/weight management

NEEDS ATTENTION

GOOD

VERY GOOD

EXCELLENT

Workstation/ergonomics

NEEDS ATTENTION

GOOD

VERY GOOD

EXCELLENT

Safety

NEEDS ATTENTION

GOOD

VERY GOOD

EXCELLENT

Alcohol/drugs

NEEDS ATTENTION

GOOD

VERY GOOD

EXCELLENT

Stress management

VERY GOOD

EXCELLENT

concentrate on

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Set a Goal.



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Learn more: www.WellnessIowa.org