



# What People are Saying

Proactive Wellness  
Program Solutions

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“Wellness is a  
broken model.  
We made it work.”

“Health Solutions is a true loss control strategy for my clients. CFOs and decision-makers have been challenging me to prove the value of past wellness programs and show return on investment. Health Solutions Predictive Analytics has provided me with a powerful tool to answer those tough questions to help me grow and retain my book of business.”

- **HR Professional**

“I would highly recommend HEALTH SOLUTIONS because of the personal coaching, the professionals who lead the wellness team meetings, and because they have *helped the company hold down our medical insurance costs.*”

- **HR Professional**

“Our employee, Sam, informed us that doctors found cancer in his prostate and it would be removed. Sam wanted to thank the company because the cancer was caught through the HSI Wellness program...The Wellness provider from Health Solutions followed up with him and he worked with them to get through the diagnosis process. He was thankful for it being caught and wanted to thank us for doing the Health Solutions wellness program.”

- **SAM'S SUPERVISOR, LARGE MANUFACTURING COMPANY**

“I am so happy with the results that I feel I couldn't have or wouldn't have done it on my own. I truly feel you had a major part in my success. Words cannot express just how thankful I am that you were part of my journey.”

- **EMAIL TO HEALTH COACH FROM HIGH RISK COACHING PARTICIPANT**

“I went to my doctor after meeting with you today and wanted to update you on the results. My blood pressure was still very high so my doctor ordered an EKG and stress test. He found that I have an enlarged heart and he believes that it has been enlarged for many years but since I never had a critical blood pressure when at his office, it was never caught. My doctor also told me I could have had a stroke or heart attack if this hadn’t been found! I am starting some medications and checking back with him in a few weeks.

Thanks for pushing me to go to the doctor. He was happy to hear I am working with you to lose weight and help reduce my stress.”

***- Email to Health Coach from High Risk Coaching Participant***