

*exan*'s Employee Assistance Wellness Program (EAWP) now provides the opportunity for small businesses to reap the full benefits of workplace wellness, without the administrative burden, at one low monthly cost. Together, these eight wellness initiatives work in synergy and utilize the full power of distance education, Web administrative tools, and on-site activities, all focused to improve your employees' health.

## LIFE COACHING



Mental, relationship, and nutritional health coaches utilize advanced technology to increase effectiveness.

## PERSONALIZED HEALTH PORTAL

### CELL GROUPS



Twelve people join in a weekly discussion of common health challenges facilitated by an Exan Health Expert.

### LUNCH AND LEARN



An interactive workshop led monthly by an Exan Health Expert.

### POSTER PROGRAM



A motivational poster shipped to your workplace three times a year (reloadable frame included).

### WELLNESS PLANNER



An interactive, health-themed calendar featuring valuable health information and resource links for each month.

### WALLET CARDS



Nine cards, covering relevant health topics, sent to your workplace three times a year.

### MONTHLY NEWSLETTER



Exan's award-winning health journalists present the amazing benefits of increased self-care.

## OPTIONAL ADD-ONS

CLICK THE ICONS BELOW TO LEARN MORE