

**Welcome to One-to-One Worksite Wellness**, provided by the experienced and trusted professionals at Holtyn & Associates. This is a service provided at no cost to you, to help you become the healthiest, happiest, most energetic you can be....at your job and at home.



To get started, you will register yourself in the Holtyn system (guidelines listed below), complete a **Health Risk Appraisal**, and schedule yourself for your first **Wellness Assessment** at your worksite with your highly trained coach. Know that all personal information is confidential; your employer sees only company-wide aggregate data. During your 30 minute wellness assessment, your coach will conduct a Biometric Assessment which includes cholesterol/lipids, glucose, blood pressure, body fat percentage, weight, BMI, waist, pulse and fitness. You and your coach will then discuss any health concerns you have, setting specific achievable goals where you are ready for positive change. You'll revisit your coach over the course of the year to track progress on your health and goals. You will receive your results at the time of your appointment. You'll have access to a personal webpage that contains your health data and provides you with resources and information.



Your **employer supports you** in your efforts to improve your health and well-being. The **KCC Wellness Committee** will work with Holtyn & Associates to bring you valuable, informative and motivating events to help you gain new skills and knowledge and spur you into action to improve your life. Be sure to take advantage of these **Lunch-n-Learns and Challenges** throughout the year.

If you need any additional assistance, please feel free to contact Becky Argue at [bargue@holtynhpc.com](mailto:bargue@holtynhpc.com)/269-720-7582 or Mary Werme at [mwerme@holtynhpc.com](mailto:mwerme@holtynhpc.com)/ (269)377-0198.

**To get started**, go to [www.holtynhpc.com](http://www.holtynhpc.com)

**Click: Login and then Enroll yourself**

**Account ID: 42**

**Account Password: college**