

Because Good Health Is Good Business

When your employees feel better, they're happier, more focused, and more productive—meaning they can do more for your company and your bottom line. Helping your employees feel better isn't just a good thing to do, it's a smart business decision.

OnSite Wellness' powerful wellness platform and customized programming offers a unique approach that makes it easy to create healthy habits that last, so your employees can become the best versions of themselves.



Our programs focus on the whole person, incorporating all six dimensions of well-being.

What's Different About OnSite Wellness?

We are a women-owned business. OnSite Wellness' Co-Owners, Amy Ritsema and Mary Kline have worked together in the corporate wellness industry for over 25 years and founded OnSite Wellness in 2006. Today, they continue to grow their women-owned business, serving clients across the country.

We have a combined century of experience. On the leadership team alone, we have over 100 years of experience. With our combined wisdom, we bring a fresh, new perspective to corporate wellness.

We are accessible and nimble. With our state-of-the-art wellness platform, we help you design a wellness solution that is just right for your company and your employees. Your account team is accessible to all employees and will respond to needs directly and quickly.

What Service Options Does OnSite Wellness Provide?

- ✔ **Creative challenges.** Choose from over 300 pre-built challenges or build your own.
- ✔ **Comprehensive Health Questionnaire.** Measure across the six key dimensions of well-being: emotional, occupational, social, financial, physical, and purpose.
- ✔ **Easy access.** Track progress via the online portal, mobile app, text messaging, or wearable device.
- ✔ **Meaningful rewards.** Engage your team with customizable incentives, raffles, fitness gear, gift cards, and more.
- ✔ **Biometric screenings.** Deliver an in-depth, personalized health assessment in a short amount of time with paperless HIPAA compliant screenings.
- ✔ **Wellness coaching.** Build trusting relationships with professional coaches to set goals, track, and offer constructive accountability.
- ✔ **Nicotine cessation.** Empower your people to kick the habit with the help of certified coaches.
- ✔ **OnSite time.** Maximize the impact of your wellness program with dedicated wellness professionals OnSite.
- ✔ **Consulting.** Ensure wellness compliance, program design, effective communication, integration and more.
- ✔ **Strategic Planning.** Design and develop a comprehensive well-being strategy unique to your organization.



With our step-by-step process, we guide you through each crucial part of the process to make sure your employees stay on track to a healthier lifestyle.

Why Is Wellness With Purpose Important?

Everyone's path to wellness is unique, so we enable your employees to chart their own course, whether they want to focus on nutrition, fitness, financial, or mental health. We believe that giving people control over their well-being empowers them to do truly great things.

As your employees engage in OnSite Wellness programs, they'll start to see that small wins lead to big victories. And all victories lead to increased wellness, a healthier organization, and better business results.