



BWell4ever customizes business wellness plans

BWell4ever, LLC was formed on the premise of developing a fundamental approach to health and wellness. My goal is to implement and design wellness packages for companies and organizations of any size. My services allow each company to customize their wellness program based on the services they want to include while staying within their budget.

When it comes to the well-being of your staff, there is no service too small for us. We may only be allowed to come into a facility and provide them a flu vaccine in the fall, but this provides companies with the ability to keep their employees healthy and productive during flu season, which has proven to be very



cost effective.

Our programs focus on preventative screenings and preventative lifestyle changes to increase awareness and prevention of disease and disability. We create a sense of direction for your employees by working with each company to develop a wellness program that outlines positive,

healthy habits and establishes the benefits of regular physical activity, healthy eating habits, and stress management which encourages employees to take responsibility for their own level of well-being.

We offer professional assessments that include appropriate biometric screenings for each company and also offer the necessary follow up plans to allow each employee to thrive. We employ trained phlebotomists and work with experienced registered nurses, to offer onsite services of all kinds including blood pressure assessments, height and weight measurements, body fat percentage calculations, facial screenings for skin cancer, bone density measurements, colon cancer screening kits, and blood draws for accurate results of Lipid Panels, PSA

for men, Iron for women, liver and kidney function tests, and A1C levels for pre-diabetes screenings.

We adhere strictly to all HIPPA laws and therefore contract with each employee individually to provide follow up and counseling. We will provide comprehensive reports, including an aggregate data summary, to evaluate your employee's level of health and well-being.

We design a program unique to each company that will fall within given budgets and time constraints. Call to schedule your free consultation, to hear how your business could BWell4ever

— S. Marlene Geren

For more information, call 706-935-3055 or email Bwell4ever@mail.com

Professional *On-Site* Wellness Testing, Assessment & Coaching



S. Marlene Geren, RN
Owner, CEO
Certified Health & Wellness
Coach, Certified Worksite
Wellness Specialist, BSN
UT of Chattanooga

We Provide:

- **Vaccines** (Flu, Tetanus, etc.)
- **Blood Tests** (Customized for Each Company)
- **Health Risk Appraisals**

We also provide follow-up and extra counseling to clients as needed.



7478 B Nashville Street | Ringgold, GA 30736 | 706-935-3055 | Bwell4ever@mail.com