

Program Description

TW Online Wellness Portal

Secure Login
Employees will receive a private and secure login.

<p>Activities</p> <p>Employees can select and track various wellness activities pertaining to fitness, nutrition, lifestyle and personal goals.</p>	<p>Wellness Profile</p> <p>All employees can take a Health Risk Assessment, a basic set of questions that measures health risks and serves as an educational tool.</p>	<p>Health Screening Results</p> <p>Participants will receive personal results in their portal within 48 hours of screening and can track biometrics and lab results over time.</p>	<p>Goals</p> <p>After employees become aware of their current health status, they can set customized goals to help direct their efforts.</p>
<p>Online Education</p> <p>Users receive educational classes based on risk factors identified in Health Risk Assessment.</p>	<p>Newsletters</p> <p>A wellness newsletter designed to educate and motivate employees will be posted each month on the wellness dashboard.</p>		<p>Virtual Coaching Platform</p> <p>Virtual coaching allows easier accessibility by reaching more clients at a time through online questions or messaging.</p>
<p>Preventive Healthcare</p> <p>Our program provides user with the recommended preventive healthcare measures and a scheduling calendar as well as history of past preventive measures.</p>	<p>Videos</p> <p>Users have access to a collection of online full-length wellness videos. Videos are categorized by topic, allowing users to easily find a wellness video of interest.</p>	<p>Scheduling Assistant</p> <p>Users can register for their wellness screening or any company event via the wellness portal and can set up text reminders.</p>	



Tailored Support

<p>Participation Reports & Population Health Analytics</p> <p>Real-time reporting tools allow employers to manage incentive programs. Aggregate reporting tools allow the employer to chart group health improvement and goal completion.</p>		<p>Portal Support</p> <p>Our supportive staff is happy to assist employees with scheduling, online troubleshooting, and program questions.</p>	
<p>Extensive Employee Communications</p> <p>We want your wellness program to be successful and will provide promotional flyers, posters, e-mails, and paystub inserts in order to communicate program requirements and offerings and drive participation.</p>	<p>Dedicated Account Manager</p> <p>Truckers Wellness helps you develop and implement your wellness program by providing assistance with initial enrollment, portal setup, and program and plan document design.</p>	<p>Custom Wellness Challenges</p> <p>Challenge your workforce to be the best they can be with over 40 customizable wellness challenges to choose from. Participants can track their participation and awards progress on their portal.</p>	<p>Rewards</p> <p>Let us help you develop a custom awards program to reward employees for completing activities to help drive participation and program outcomes.</p>



User Friendly Technology

Mobile App

Our mobile app allows users to take and view their Health Risk Assessment, schedule for their screening, talk to a health coach, and track activities and progress toward their award.

Tracking Devices

With connectivity to over 20 popular fitness devices and wellness applications, our portal can automatically track participants' physical activity, blood sugar, and more.

Additional Supportive Programming Available



Onsite Seminars

Employee Workshops and Executive Training



Health Coaching

Online, Telephone, and In Person Sessions



Health Screenings

Optional Testing Available



Tobacco Free Programs

& Quit Now Preferred Provider



Stop Diabetes. *Start Living Well.*

A 12-week Lifestyle Change Program