



WELLSOLUTIONSHUB.COM

Where All Your Wellness Needs Come Together!



Welcome to the Wellness Solutions Hub, your gateway to results and resources to improve your overall well-being

A HIPAA Compliant web platform and app that pulls all wellness resources into one location. This integrated system incorporates biometric and health assessment data, goal setting and tracking, as well as, mental and behavioral health systems. With complete customizability for every component of your program (police, fire, transit, city personnel etc.) this wellness hub has all the resources to identify and address specific health risks and wellness needs.

What you'll find on each page:

Home	Customized with upcoming site events, participant's wellness goals and more
Assessments	Historical participant biometric data and advanced fitness/health assessments data for first responders
Scheduling	Easy scheduling tools to book screenings and appointments with wellness professionals
Tracking	Wearable devices can be synced to help participants keep track of nutrition, exercise and sleep
Education	Resources on topics such as: mental wellness, nutrition, sleep, meditation, weight management and more
Programs	Incentive programs and challenges setup for participants to reach their individual wellness goals
Support Services	Access to on-site and regional support teams, vetted therapists, mindfulness practices and more
Social/Community	Local community events, buddies (selected by participants to help support them in their wellness goals)
Partners	Links to affiliate wellness partners and product discounts

Phone: 760-804-1882

www.wellsolutions.com • www.wellsolutionshub.com



**WELLNESS
SOLUTIONS**

A Health Promotion Company