

BRMS Workplace Wellness

BRMS is focused exclusively on providing easy-to-use, fully compliant services to employers of all sizes.

Workplace Wellness

Impacting your bottom line through improved employee health, BRMS in partnership with Savvy Health Solutions offers a spectrum of customized support to Launch, Enhance, &/or Manage your company's wellness program.

A Spectrum of Support to Fit Your Needs

LAUNCH NEW WELLNESS PROGRAM

By identifying opportunities through developing an operational plan, wellness committee, wellness web portal, program launch, and providing ongoing support.

ENHANCE EXISTING WELLNESS PROGRAM

By evaluating the current program and providing recommendations to improve oversight and expand engagement, which may include wellness web portal.

MANAGE WELLNESS PROGRAM

May include an on-site, part-time or full-time staff to manage the Fitness Center, Exercise Classes, Health Education Seminars, Health Provider Coordination, and Incentive Programs.

AUGMENT WELLNESS SERVICES

Add services to compliment existing wellness program:

- Health Risk Assessments
- Biometric Screening
- Health Education Classes
- Group Fitness Classes
- Personal Training
- Ergonomic Evaluation
- Fitness Center Planning & Design

ADD WELLNESS WEB PORTAL

Add a web based wellness portal to enhance the administration of the Employer's wellness program, which will maximize employee engagement, improve tracking, and ease program management.

ONLINE PORTAL INCLUDES:

- Exercise & wellness challenges
- Online education
- Exercise and nutrition tracking
- Health coaching tools
- Social features
- Points and rewards
- Data tracking
- Link to fitness trackers
- Mobile-friendly

