

# Wellness



## About the Program

AultCare Wellness is a comprehensive program created to provide your employees with improved health through coaching, goal-setting, education, encouragement, and support. These services can help your employees identify, understand and decrease their health risks.

Dependent upon the arrangement with the contracted employer, AultCare Wellness provides on-site health fairs, an online health risk assessment and an assigned health coach. Additional services can be provided upon request.

“*The Wellness team at AultCare are exceptional ambassadors. They are smart, caring, punctual, organized and thorough. This program is another one of AultCare’s value propositions to the community.*”

– AultCare Client



## On-site Health Fairs

Through use of on-site health fairs, your employees will have access to biometric screenings, including blood pressure rate, body mass index and body fat percentage. A health coach will be assigned to your company to provide your employees with support.



## Educational Materials and Resources

Educational materials and resources are available to provide your employees with the information they need for quality health and wellness.



## Knowledgeable Team and One-On-One Coaching

The AultCare Wellness team is comprised of registered nurses, dietitians, personal trainers, and tobacco cessation specialists educated in providing your staff with the information they need.

## Contact Us

For pricing or more information, call 330-363-6187  
[www.aultcare.com](http://www.aultcare.com)

If you, or someone you are helping, have questions about AultCare/Aultra you have the right to get help and information in your language at no cost. To speak with an interpreter, call Local: 330-363-6360 Outside Stark County: 1-800-344-8858 TTY Local: 330-363-2393 Outside Stark County: 1-866-633-4752

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca AultCare/Aultra tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al Local: 330-363-6360 Fuera del condado de Stark: 1-800-344-8858 TTY Local: 330-363-2393 Fuera del condado de Stark: 1-866-633-4752

如果您，或是您正在協助的對象，有關於AultCare/Aultra保險公司 方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 本地：330-363-6360 斯塔克縣外：1-800-344-8858 TTY線本地：330-363-2393 斯塔克縣外：1-866-633-4752

AultCare/Aultra complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.