



The Wellness NPs

PROMOTING HEALTH
— PREVENTING DISEASE —

WHO ARE WE?

TWNPS

Wellness is our Mission Weight loss is our Niche! The Wellness NPs is a practice that proudly goes the extra mile to help people reach their weight loss goals. With over 30 years of combined experience, Certified Nurses and Nurse Practitioners have worked closely with patients in both inpatient and outpatient settings. Most importantly, we have witnessed first-hand how lifestyle choices can impact our weight and health.





WHY WORKPLACAE WELLNES?



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Investing in the improvement of overall employee health is a catalyst to increased productivity, engagement, and morale all while reducing stress levels and improving attendance.

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Why Us ?

"THE FIRST WEALTH IS HEALTH "

We believe in the adage that an ounce of prevention is worth a pound of cure. In our experience, wellness programs and weight loss services is often a source of prevention. Obesity can lead to high blood pressure, diabetes, heart disease, high cholesterol, musculoskeletal problems, and a host of other ailments. By making modest lifestyle adjustments, many of these diseases can be prevented, controlled, or altogether eliminated. But dealing with weight can be a source of frustration. Dealing with unsuccessful diets and repeated weight loss and weight gain, year after year, is enough to make anyone want to give up.

That's where we come in. Our team can provide a customized, comprehensive wellness and weight loss program with a holistic approach, designed to help reach optimal health. Our program will help take the frustration out of your efforts to live a healthy life!



Care that comes to you...

We work directly with you to understand your employee population's health needs and build out a tailored onsite program — whether it's one day, weekly, monthly, or quarterly.

Services Offered

- Blood Pressure Checks
- Biometric screenings
- Body Composition/ Analysis
- Flu & Covid Vaccination Clinics
- Rapid PCR and Antigen Covid Testing
- Mental Health Services
- Work Place Pop-Up Health Fairs
- Smoking Cessation
- tuberculosis testing
- Diabetes prevention program
- Physicals
- Medical Weight management services

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DIABETES PREVENTION & WEIGHT MANAGEMENT PROGRAM

Program Focus : LifeStyle changes

Designed for people with prediabetes, looking to lose weight and those who are at high risk for type 2 diabetes. The goal is to lower their risk by helping participants achieve moderate weight loss with interventions such as eating well and being active. By the end of the first six months,

By the end of the first six months, the goal is for participants to:

- Lose at least 5 to 7 percent of their starting weight
- Learn healthy eating and cooking strategies
- lower blood sugar and A1C values
- Develop a consistent physical fitness routine
- Develop a healthy lifestyle and Behavior modifications

By the end of the second six months:

- Keep off the weight they have lost
 - Keep working toward their goal weight, if they haven't reached it
 - Lose more weight if they wish
 - Keep getting at least 150 minutes of activity each week
- Program structure** In order to achieve CDC recognition, your program must last for a full year and complete at least 22 modules. We suggest meeting:
- Once a week for four months (sessions 1 to 16)
 - Every other week for two months (sessions 17 to 20)
 - Once a month for six months (sessions 21 to 26)

