

Independent Health's FitWorks® Prime

2026 PRESENTATIONS & PROGRAMS



Independent Health offers a variety of worksite presentations and programs focused on helping employees learn and practice innovative ways to live a healthier lifestyle.

With help from our health experts and our online FitWorks® tool powered by WebMD®, we make it easier to set goals, track progress, stay motivated and reward healthy behavior — all while supporting your efforts to create a healthier, more productive workforce.

FitWorks
PRIME

Independent
 Health



Helping Employees Get and Stay Healthy

A workplace wellness program that helps employees improve their overall well-being can also help employees become more engaged while at work. That's why we provide a range of wellness programming with offerings in all areas of mental and physical health, including:

- Exercise & Physical Activity
- Nutrition & Weight Management
- Preventive Health & Specific Medical Conditions
- Stress Management & Mental Health
- Financial Wellness
- Smoking Cessation
- Support from Community Experts & Partners
- And more!



PRESENTATIONS



Presentations may be virtual, in person or pre-recorded and can be customized.



PROGRAMS



Programs can be completed at work or at home.

*New presentations and programs may be added throughout the year.
Please check with your wellness specialist.*

Exercise and Physical Activity



PRESENTATIONS

Physical Activity and the Impact on the Brain

This workshop aims to demonstrate the connection between the mind and body. Employees will learn the science of what happens to our brain when we exercise, how being active can improve mental health, and recommended exercise guidelines for staying active. This course includes an active demonstration on the impact of exercise with regards to cognitive function.

Ergonomics and Back Health

Back pain affects nearly 80 percent of Americans and accounts for an enormous amount of lost productivity. This presentation will help employees understand how their back works and how to protect it from injury.

Physical Activity 101+

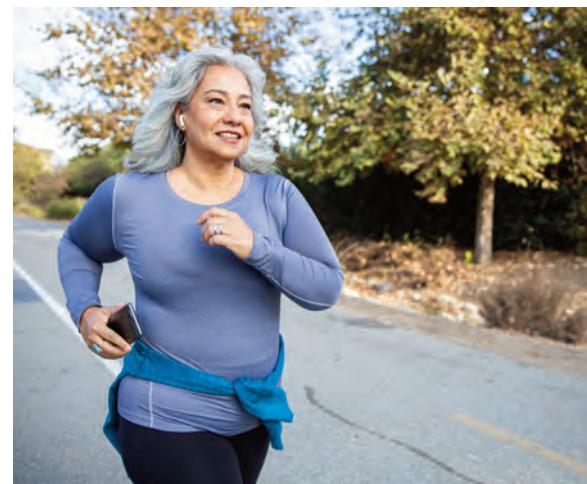
Learn the basics about physical activity, including heart rate zones, aerobic vs. anaerobic exercise and tips for increasing cardiovascular health, balance, flexibility and muscle mass. Strategies such as Exercise Snacks, HIIT and proper recovery will also be discussed. Employees receive a workspace workout plan at the end of the presentation.



PROGRAMS

Desk to 5k

Got your sights set on a 5k but not sure where to start? This program will help employees step away from the desk and get moving toward the starting line with a customizable eight-week training guide. This plan includes both walking and running to keep employees on track and motivated.



Getting Back to BACK Health

This 8-week program will take participants through a progressive series of strength exercises and stretches targeting improved back health. Program includes weekly videos and write ups.

Power Up*

This evidence-based program is designed to increase overall muscle strength. Each month, strength training exercises will be provided to focus on the core, back and large muscle groups through a series of monthly videos and/or exercise tipsheets. Employees can self-report their progress in FitWorks or with a paper tracker.

Step It Up

Through this program employees will track their daily steps, striving for a steps goal each day. Employees receive walking facts and guidelines to find their baseline and set goals to increase their steps. Included is a program tracker, along with mobile app resources.

The Invitational Teams Steps Challenge

A steps challenge where teams of 5 go head-to-head for 5 weeks. Each week the match up changes to keep it exciting, with team push notifications to encourage participation throughout. Available only for FitWorks Prime groups.



PRESENTATIONS

Digital Detox

Between Zoom, FaceTime, social media, gaming, shopping and streaming music and movies, it's becoming even easier to feel dependent or attached to screens. Employees will learn how limiting screen time can improve overall wellness.

Achieve a Healthy Balance

Taking time for self-care is essential for our overall well-being, enabling us to continue engaging in the activities we value. In this presentation, we explore various strategies designed to help you achieve a better balance in your life.

Human Connection and Its Importance on Overall Health

Social connection is a basic human need. This course demonstrates the importance of human connection on overall health by looking at the latest research that shows how humans are inherently social creatures. Employees will also look at ways to increase and cultivate connection.

Sleep Well, Live Well

Are employees getting the recommended number of hours of sleep every night? This presentation covers why sleep is important and what happens to the body and brain during sleep. Employees will also learn why not getting enough sleep can turn into a real nightmare.

Feeling Your Best During the Holidays

The holiday season can come with a lot of temptations. This presentation will provide employees with tips on how to maintain healthy habits throughout the holiday season and beyond.



PROGRAMS

Daily Habits Behavior Change

This program offers a personalized set of activities based on an individual's self-reported health information, goals and interests. Areas of interest include: Balance Your Diet; Keep Stress in Check; Diabetes; Asthma; Quitting Tobacco and many more.

Seasonal Bucket List

Ready for an exciting season filled with fun adventures and new experiences? This program provides your employees with a seasonal bucket list and challenges them to complete the activities provided. Seasonal Bucket Lists can be given for spring/summer and fall/winter.

Seize the Zzzz

Getting sleep isn't always easy. This 28-day program focuses on each participant's quality of sleep, with provided tips and advice throughout.

Nutrition and Weight Management



PRESENTATIONS

Weight Management Toolkit

Crafted to equip employers with essential resources and support for effectively managing weight-related issues in the workplace. This comprehensive toolkit will feature leadership resources, educational presentations and videos, sample policies for implementation, community resources and additional materials to facilitate a healthier work environment.

Whole Health Nutrition

For those with a love for food and an interest in the power of the human body, this presentation outlines good nutrition and how it can help promote optimal health. Employees learn about macronutrients, how proper nutrition is fuel for the brain and that healthy choices are key to athletic performance. Employees will gain a wealth of nutrition knowledge and helpful tips to incorporate in daily routines.

Staying Healthy During Your Busy Day

Between stressful days and extracurricular activities, staying energized and eating right can seem overwhelming. This presentation offers quick tips and shows how simple planning can make a huge difference in what we eat AND how we can stay on a budget.

Meal Prep Made Simple

This presentation will discuss easy tips and tricks to make meal planning simpler and more manageable. Employees will learn healthy recipes, supermarket hacks and meal prep planning tactics.

Nutrition for Diabetes*

A discussion of how to use nutrition as a treatment for diabetes. Learn how certain dietary changes can reverse and/or slow the effects of diabetes.

Supermarket Savvy

The number of decisions we need to make at the grocery store can be overwhelming. This presentation provides employees a virtual shopping tour with advice for making healthier choices. Become a meal prep expert and learn food safety tips for proper care inside and outside the kitchen!



PROGRAMS

Hydration Bingo

Staying hydrated is key to maintaining overall good health all year long. This fun game will help employees increase their hydration through a BINGO challenge perfect for co-workers, friends and family.

Nutrition Calendar

Employees will be given a nutrition calendar filled with activities that will teach new recipes, increase overall well-being and create long-lasting healthy habits. Program details will be provided along with a calendar of tasks.



Zero Gain Campaign

Even a small amount of weight gain can contribute to continuous weight gain in the future. The Zero Gain Campaign encourages participants to keep off the pounds by either maintaining or losing weight over a certain time frame. Weigh-ins will be held at the beginning and end of the program. Weekly motivational tipsheets are included.

Five to Thrive

A 28-day challenge designed to promote healthy eating habits and provide tips on how to incorporate more fruits and vegetables into your diet.

Rethink Your Drink

Staying well hydrated is important for your overall health and well-being. Water not only keeps you hydrated but aids in digestion, can improve skin appearance and boost your energy! This is 28-day challenge will help you get properly hydrated with its daily tracking tool.

Preventive Health and Specific Medical Conditions



PRESENTATIONS

Prevention and Lifetime Screenings

Prevention can come in many forms and have multiple definitions, making it confusing to know what is right. This quick presentation will break down the levels of prevention, how participants' lifestyle choices can make a difference and recommendations appropriate for their age and health status.

Prediabetes 101

Did you know that more than 1 in 3 American adults have prediabetes and of those more than 84% don't know they have it? This presentation will provide a high-level overview on the risk of developing prediabetes and what employees can do to prevent or manage this condition. (Statistics source: CDC)

Diabetes and its Comorbidities*

Participants will learn all about diabetes — what it is and the complications/comorbidities associated with it, including hypertension, obesity, dyslipidemia, chronic kidney disease and cardiovascular disease.

An Ounce of Prevention is Worth a Pound of Cure — Prevention of Metabolic Syndrome*

This presentation focuses on metabolic syndrome, which affects about 25% of the U.S. population, and reviews three associated chronic disease states that significantly increase risk of heart attack and stroke: diabetes, high cholesterol and high blood pressure. Learn how to prevent metabolic syndrome and control it medically and through lifestyle changes.

Inflammation Information

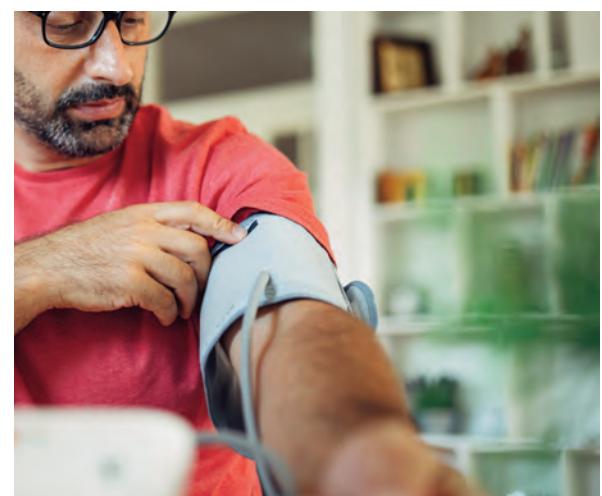
This presentation will discuss what inflammation is and how it can impact our health. Learn the signs, common causes and what problems inflammation can trigger. Includes a discussion on both prevention and treatment.



PROGRAMS

Brook+

This CDC-recognized Diabetes Prevention Program engages employees to create sustainable lifestyle changes, lose weight and reduce their risk of developing Type 2 diabetes. Brook+ is a year-long, fully-digital, on-demand program that makes it easy for employees to track their progress and connect with a personal Health Coach anywhere, anytime, right from their smartphone. It's a simple and convenient way to boost energy, sleep better, lose weight and get healthy. Eligibility is determined by CDC guidelines. (Only available for Independent Health members.**)



Managing Blood Pressure

A four-week program in partnership with Brook Health Coaches designed to educate members on ways to manage or lower blood pressure. Requires watching weekly videos and tracking blood pressure in the Brook app. (Only available for Independent Health members.*)



PRESENTATIONS

Mental Health Toolkit

Independent Health has partnered with Horizon Health Services to create a series of presentations for both leaders and associates. The leadership training is designed to help educate and raise awareness so your leaders can recognize, understand and respond to some of the most common mental health issues and begin the conversation. Additional presentations are available for associates that aim to increase awareness and provide education, resources and support to further develop a caring, inclusive workplace culture. Ask your wellness specialist for details. (Pre-recorded presentations are available for select trainings.)

Mental and Emotional Health — Activating the Vagus Nerve for Stress Reduction

How you feel emotionally can directly impact how you feel physically and vice versa. In this workshop, employees will learn ways to improve emotional health, activate the mind-body connection and complete a deep breathing and stretching exercise to activate the Vagus Nerve for stress reduction.

Whole Well-Being

This presentation provides information on how emotional health, nutrition, physical activity, sleep and environment influence our overall health. Includes tips to modify unhealthy behaviors, manage stress and achieve better work-life balance.

Mindfulness

Bring peace of mind and balance to each day through mindfulness, a state of active and careful attention on the moment. This presentation provides participants with information and tips on how to practice and improve mindful living.



PROGRAMS

Mindfulness

This self-guided program provides participants with tips and activities to practice being mindful each week. Participants are encouraged to self-report their progress and observations on FitWorks or the provided tracker.

Mindfulness Side Quest

Create a purposeful path to your well-being goals. During this program you'll write your "why" for working toward a well-being goal. Then, personalize a plan of action and stay motivated every step of the way. To help ease stress, consider incorporating mindful activities into your weekly routine.

Rest, Revive & Recharge

Improving focus, creativity and productivity starts with a good night's sleep. This challenge helps employees track and understand their sleeping patterns as they work toward improved health and the many benefits achieved through a proper amount of sleep. The self-guided program provides helpful tipsheets, sleep/activity tracking logs and challenge tasks focused on eliminating sleep barriers and meeting goals.

Stress Less

Participants will take steps toward positive stress management by learning relaxation techniques and adding calming activities into their daily routine. Strive to practice the techniques for 21 days during this month-long challenge.



Financial Wellness



PRESENTATIONS

Know Your Money Type*

Independent Health has partnered with Wilcox Financial Group to help employees reach their financial goals. Learning about and identifying the five money type personalities will help employees become more aware of spending habits and behaviors that may be holding them back from achieving financial goals. (Pre-recorded videos for additional financial topics are also available.)



PROGRAMS

Financial Wellness — Focus on Today

Practice simple ways to reduce daily spending and stress to improve financial health and overall well-being. In completing this four-week program, participants will have a greater sense of their daily spending and a clearer understanding of how quickly these expenses add up. Includes a range of helpful tips and a daily savings tracker to measure progress.

Financial Wellness — Focus on Tomorrow

This self-paced, four-week program provides a guide of financial strategies that can help improve employees' well-being by building a healthier financial future. A different worksheet each week provides a road map for a healthier financial future, helping participants understand their current situation and look at ways to improve their overall financial and physical health.

Smoking Cessation



PROGRAMS

NYS Smokers' Quitline/ Roswellness

The NYS Smokers' Quitline is a free and confidential program providing evidence-based stop-smoking services to New York State residents who want to quit smoking. Services include telephonic coaching and support, free nicotine patches and interactive and informational services.

Roswellness provides ongoing calls and support from a Quit Coach to help participants stop smoking, and additional supplies of nicotine replacement therapy like patches, gum or lozenges. Participants are required to complete an initial assessment call, set a quit date and agree to three follow-up coaching calls within 90 days.



Additional Resources

Leadership Resources

Independent Health understands the critical role leadership support plays in the success of an employer's wellness program. To enhance this support, we are committed to equipping your leaders with essential resources and information. We have developed educational presentations and can design manager-specific challenges within the FitWorks platform to facilitate this process.

Your Impact as a Leader

This presentation aims to empower your managers and leaders to better support the well-being of their employees. We will explore the significance of fostering employee well-being, discuss strategies for making a positive impact within your team, and emphasize the importance of leading by example.

Wellness Program Management and Strategies for Success

This presentation will explore essential strategies for creating a successful wellness program and maintaining high levels of engagement. Examine data-driven methods and resources that can assist achieving your desired outcomes.

WebMD Content Hub

A rich collection of WebMD health and medical information that includes personalized recommendations based on user's interest.



Community Experts and Partners

Independent Health recognizes some employers may have corporate goals or interests that require specialized third-party presentation expertise. A corporate wellness specialist will be glad to discuss your unique needs and help facilitate presentations from resources throughout the community.

Some of the organizations we partner with include:

- Horizon Health Services*
- Wilcox Financial Services*
- Brook Health Companion†

New partners and presentations may be added throughout the year. Please check with your wellness specialist.

*Additional fees apply.

†Only available for Independent Health members.



To learn how we can create a customized approach to worksite wellness designed to fit your organization's unique needs, culture and demographics, call your account manager today.

FitWorks
PRIME

Independent
Health