

## Michigan Worksite Wellness Providers

This list was created as a resource for organizations looking for outside assistance for their employee wellness programs. Only worksite wellness providers who are able to document that they have delivered services to multiple worksites over the past two years *using their own staff at least 75% of the time* will appear on the provider list. Appearing on the provider list does not constitute endorsement or recommendation by the Michigan Department of Community Health (MDCH).

The list is intended only as resource. You are encouraged to evaluate and chose the provider best suited for your wellness needs.

Local Service Area								
	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>Allegro Coaching</b> Kendra Bylsma Owner/Lead Wellness Consultant 1422 Robinson Road Ste. 201 Grand Rapids, MI 49534 <a href="http://www.allegrocoaching.com">www.allegrocoaching.com</a> 616/451-9000</p> <p>We believe that wellness must be easy to participate, fun and provide measureable results so employees stay engaged and motivated. We look to treat the whole person with integrated coaching models. Our onsite programs are highly customizable to the culture, demographics and needs of each unique workplace. No one program works for any other company. While we believe that assessments and data are driving forces, the culture of a workplace will determine the success of your program.</p>	<p>Clinical Screen/Srvcs Health Coaching Wellness Classes Nutrition Counseling Fitness/Exrcise Cnslng Health Assessments Health Ed Resources Cultural/Env Audits</p>	<p>Face/Face Onsite Face/Face Offsite Online Via Internet</p>	<p>Registered Dietician Personal Trainer Health Coach Bachelor Degree in Health</p>	<p style="text-align: center;">5</p>	13	<p>Emp Participation Emp Satisfaction Health Status/Risk Fctrs Behavior Change</p>	<p>Cultural Diversity Shift Work Needs Assessment</p>	<p><b>Steelcase</b> Karleen Stephens Manager, Safety &amp; Health Eastern Avenue Grand Rapids, MI 49507 616/451-9000 <a href="mailto:kstephen@steelcase.com">kstephen@steelcase.com</a></p> <p><b>ODL, Inc.</b> Ann Busby VP of Human Resources Fairmont Avenue Zeeland, MI 49524 616/560-5005 <a href="mailto:ann.busby@odl.com">ann.busby@odl.com</a></p>
					<b>Client Health Care Type</b>			
					<p>Fully-insured: 80%</p> <p>Self-funded: 20%</p>			

## Local Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>District Health Dpt #10</b> Amanda Woods Health Education Supervisor 520 Cobbs Cadillac, MI 49601 <a href="http://www.dhd10.org">www.dhd10.org</a> 231/876-3841</p> <p>District Health Department #10 offers worksite health promotion programming from employee wellness screenings to initiatives to create healthy work sites through policy development and environmental changes that impact the entire workforce. Research has shown that targeting environmental policy development is more effective in creating a healthy workforce and community.</p>	<p>Clinical Screen/Srvcs Health Coaching Wellness Classes Nutrition Counseling Fitness/Exrcise Cnslng Health Assessments Health Ed Resources Emp Assist Program Cultural/Env Audits</p> <p>Other: Flu Shots</p>	<p>Face/Face Onsite Face/Face Offsite Via Telephone Online Via Internet Software Apps</p>	<p>Wellness Practitioner Registered Dietician Personal Trainer Health Coach Health Educator MD/DO Counselor Nurse Practitioner/RN Physician Assistant PhD in Health Graduate Degree in Health Bachelor Degree in Health</p> <p>Other: Certified Diabetes Educator</p>	15	38	<p>Emp Participation Medical Costs Emp Satisfaction Workers' Comp Health Status/Risk Fctrs Behavior Change Absenteeism Disability</p>	<p>Reading Levels Health Status Cultural Diversity Disabilities Shift Work Needs Assessment</p>	<p><b>Centra Wellness Network</b> Joy Pomeroy Training Coordinator 310 North Glocheski Manistee, MI 49660 231/309-1720 <a href="mailto:jpomeroy@centrawellness.org">jpomeroy@centrawellness.org</a></p> <p><b>Rexair</b> Lani Baker Human Resources 230 7<sup>th</sup> Street Cadillac, MI 49601 231/876-3936 <a href="mailto:lbaker@rexairllc.com">lbaker@rexairllc.com</a></p>
					<b>Client Health Care Type</b>			
					<p>Fully-insured: 95%</p> <p>Uninsured: 5%</p>			

## Local Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>Michigan Community Wellness VNA</b> Linda M. LeRoux RN Community Wellness Manager 25900 Greenfield Road, Ste. 600 Oak Park, MI 48237 <a href="http://www.vna.org">www.vna.org</a> 248/967-8751</p> <p>In an effort to improve the health of Michigan citizens VNA provides customized wellness programs to worksites, promoting an increased awareness of health status, an education regarding health promotion and disease prevention as well as encouraging positive decision making regarding lifestyle changes leading to better health. Our goals are to identify an individual's health risks and provide recommendations for improving or maintaining their health as well as to provide employers with a tool to assist in controlling health care costs.</p>	<p>Clinical Screen/Srvcs Health Coaching Wellness Classes Nutrition Counseling Fitness/Excrcise Cnslng Health Assessments Health Ed Resources Cultural/Env Audits</p> <p>Other: immunizations, PSA and other screenings</p>	<p>Face/Face Onsite Face/Face Offsite</p>	<p>Registered Dietician Nurse Practitioner/RN</p>	<p>20</p>	<p>175</p>	<p>Emp Participation Emp Satisfaction Health Status/Risk Fctrs Behavior Change</p>	<p>Reading Levels Health Status Cultural Diversity Disabilities Shift Work Needs Assessment</p> <p>Other: age (PSA screening)</p>	<p><b>Amcor Rigid Plastics North America</b> Tracy anders Human Resources Coordinator 935 Technology Drive, Ste. 100 Ann Arbor, MI 48108 734/302-2487 <a href="mailto:tracy.anders@amcor.com">tracy.anders@amcor.com</a></p> <p><b>Association Benefits Company</b> Brienne Gushman Operating Engineers Annual Picnic Coordinator 27333 Meadowbrook Road, Ste. 230 Novi, MI 48377 248/359-6486 <a href="mailto:brienne@association-benefits.com">brienne@association-benefits.com</a></p>
					<p><b>Client Health Care Type</b></p>			
					<p>Unknown: 100%</p>			

## Local Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>YMCA of Greater Kalamazoo</b> Trish Harrison Community Wellness Director 2900 W. Centre Avenue Portage, MI 49024 <a href="http://www.kzooyymca.org">www.kzooyymca.org</a> 269/324-9622</p> <p>The Y's Workplace Wellness Program benefits employees, families, and organizations. The Y supports and encourages healthy living within our community. Our approach to wellness is proactive because a majority of illnesses and diseases are preventable with the proper lifestyle and healthy living. The Y believes in creating value in your business that extends beyond the bottom line. Our flexible, low-cost approach to wellness integrates easily into existing workplace culture. We bring knowledge and expertise to you. The Y is dedicated to individuals, families, and organizations in every community.</p>	<p>Clinical Screen/Srvcs Health Coaching Wellness Classes Nutrition Counseling Fitness/Excercise Cnslng Health Assessments Health Ed Resources Emp Assist Program Cultural/Env Audits</p>	<p>Face/Face Onsite Face/Face Offsite Via Telephone Online Via Internet Software Apps</p>	<p>Wellness Practitioner Registered Dietician Personal Trainer Health Coach Health Educator MD/DO Counselor Nurse Practitioner/RN Physician Assistant PhD in Health Graduate Degree in Health Bachelor Degree in Health</p>	<p>2</p>	10	<p>Emp Participation Medical Costs Emp Satisfaction Workers' Comp Health Status/Risk Fctrs Behavior Change Absenteeism Disability</p>	<p>Reading Levels Health Status Cultural Diversity Disabilities Shift Work Needs Assessment</p>	<p><b>Heritage Community of Kalamazoo</b> Myra Johnson VP of Human Resources 2400 Portage Street Kalamazoo, MI 49008 269/276-4048 <a href="mailto:mjohnson@heritagecommunity.com">mjohnson@heritagecommunity.com</a></p> <p><b>West Michigan Cancer Center</b> Samantha Rowland Director of Social Serivces 200 N. Park Street Kalamazoo, MI 49007 269/373-7446 <a href="mailto:srowland@wmcc.org">srowland@wmcc.org</a></p>
					<b>Client Health Care Type</b>			
					Unknown: 100%			

## Statewide Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>Holtyn &amp; Associates</b> Ken Holtyn President 713 Turwill Lane Kalamazoo, MI 49006 <a href="http://www.holtynhpc.com">www.holtynhpc.com</a> 269/382-5897</p> <p>Holtyn &amp; Associates have achieved some of the best health outcomes in the country and have created cultures of wellness within their Partner organizations. Holtyn partner companies have received some of the nation’s highest health promotion awards and recognition. These include the C. Everett Koop National Health Award, Secretary of Health and Human Services Innovation in Prevention Award, Center for Disease Control Model Worksite. Most recently, Edington Next Practice Award (Hastings Fiberglass). Several Governors Council Awards and American Heart Association Awards.</p>	<p>Clinical Screen/Srvcs Health Coaching Wellness Classes Nutrition Counseling Fitness/Exrcise Cnsng Health Assessments Health Ed Resources Emp Assist Program Cultural/Env Audits</p> <p>Other: wellness events, contests, competitions, team events</p>	<p>Face/Face Onsite Face/Face Offsite Via Telephone Online Via Internet Software Apps</p>	<p>Wellness Practitioner Registered Dietician Personal Trainer Health Coach Health Educator Counselor Nurse Practitioner/RN Graduate Degree in Health Bachelor Degree in Health</p>	<p>26</p>	<p>16</p>	<p>Emp Participation Emp Satisfaction Health Status/Risk Fctrs Behavior Change Absenteeism</p> <p>Other: CDC cost calculators for ROI</p>	<p>Reading Levels Health Status Cultural Diversity Disabilities Shift Work Needs Assessment</p> <p>Other: we customize programs to individual buildings with multi locations</p>	<p><b>Flexfab, Inc.</b> Bill Rohr Vice President 1699 W. M 43 Hwy. Hastings, MI 49058 269/945-2433 <a href="mailto:brohr@flexfab.com">brohr@flexfab.com</a></p> <p><b>MESSA</b> Mona Tropf Wellness Director 1475 Kendall Blvd. East Lansing, MI 48826 517/336-4054 <a href="mailto:mtropf@messa.org">mtropf@messa.org</a></p>
					<p><b>Client Health Care Type</b></p>			
					<p>Fully-insured: 80%</p> <p>Self-funded: 20%</p>			

## Statewide Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>OnSite Wellness LLC</b> Amy Ritsema Owner 100 Grandville Ave., Suite 201 Grand Rapids, MI 49503 <a href="http://www.onsitewellnessllc.com">www.onsitewellnessllc.com</a> 616/309-2775</p> <p>OnSite Wellness is committed to offering customizable quality programs and services that support employer business strategies and employee health and well-being. We deliver population health management solutions that are unique to each organization. Our Vision: "We strive to improve health and well-being - one business, one employee, one family at a time" Our Commitment: "We are committed to delivering corporate wellness programs that motivate and encourage employees and their families to take ownership of their health and well-being."</p>	<p>Clinical Screen/Srvcs Health Coaching Wellness Classes Nutrition Counseling Fitness/Excrcise Cnslng Health Assessments Health Ed Resources Emp Assist Program Cultural/Env Audits</p>	<p>Face/Face Onsite Face/Face Offsite Via Telephone Online Via Internet Software Apps</p>	<p>Wellness Practitioner Registered Dietician Personal Trainer Health Coach Health Educator Counselor Nurse Practitioner/RN Graduate Degree in Health Bachelor Degree in Health</p>	<p>11</p>	37	<p>Emp Participation Medical Costs Emp Satisfaction Workers' Compensation Health Status/Risk Fctrs Behavior Change Absenteeism Disability</p> <p>Other: we can use any metrics made available to us including all the above.</p>	<p>Reading Levels Health Status Cultural Diversity Disabilities Shift Work Needs Assessment</p>	<p><b>Perrigo Company</b> Sue Rodia Senior Employee Benefits Analyst 515 Eastern Avenue Allegan, MI 49010 269/673-9158 <a href="mailto:sue.rodia@perrigo.com">sue.rodia@perrigo.com</a></p> <p>Knape and Vogt Andy Marzolf Vice President of Human Resources 2700 Oak Industrial Drive NE Grand Rapids, MI 49505 800/253-1561 <a href="mailto:andy.marzolf@kv.com">andy.marzolf@kv.com</a></p>
					<b>Client Health Care Type</b>			
					<p>Fully-insured: 57%</p> <p>Self-funded: 41%</p> <p>Unknown: 2%</p>			

## National Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>Nutriinfo.com</b> Mia Jang CEO 3055 Plymouth Road, Ste. 101 Ann Arbor, MI 48105 <a href="http://www.nutriinfo.com">www.nutriinfo.com</a> 734/531-6468</p> <p>Our mission is to reduce obesity and create a healthier and more productive organization and community by helping people achieve optimal health through our online solution. Nutriinfo.com offers a customizable online wellness platform that provides a dynamic interface connecting individuals with health coaches along with tracking tools for food, exercise, and health indicators. The unique combination of easy access to nutritionists' motivation and support along with self-monitoring health tracking tools create successful and sustainable health outcomes among individuals.</p>	<p>Health Coaching Nutrition Counseling Fitness/Exercise Cnslng Health Ed Resources</p>	<p>Online Via Internet</p>	<p>Registered Dietician Health Coach Health Educator PhD in Health Graduate Degree in Health</p>	<p>5</p>	5	<p>Emp Participation Health Status/Risk Fctrs Behavior Change</p>	<p>Reading Levels Health Status Needs Assessment</p>	<p><b>Highmark (BCBS of Pennsylvania)</b> Heidi Herald Director of Wellness and Health Promotion Fifth Avenue Place, 120 Fifth Avenue Pittsburgh, PA 15222 412/544-8942 <a href="mailto:Heidi.herald@highmark.com">Heidi.herald@highmark.com</a></p> <p><b>NC Cooperative Extension</b> Surabhi Aggarwal Manager 1915 Mail Service Center Raleigh, NC 27699 919/707-5225 <a href="mailto:Surabhi.aggarwal@dhhs.nc.gov">Surabhi.aggarwal@dhhs.nc.gov</a></p>
					<b>Client Health Care Type</b>			
					<p>Fully-insured: 80%</p> <p>Unknown: 20%</p>			

## National Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>Wellco</b>                      Laura Robinson                      Coordinator                      29488 Woodward Avenue,                      Ste. 102                      Royal Oak, MI 48073  <a href="http://www.wellcocorp.com">www.wellcocorp.com</a>                      248/906-8549</p> <p>Wellco provides award-winning, results-oriented systems to fix wellness programs and measurably improve organizational health costs and conditions. Wellco specializes in ROI and appraisal systems, corporate wellness programs, speaking, and consulting.</p>	<p>Clinical Screen/Srvcs                      Health Coaching                      Wellness Classes                      Nutrition Counseling                      Fitness/Excercise Cnsng                      Health Assessments                      Health Ed Resources                      Emp Assist Program                      Cultural/Env Audits</p> <p>Other: consulting</p>	<p>Face/Face Onsite                      Face/Face Offsite                      Via Telephone                      Online Via Internet                      Software Apps</p>	<p>Wellness Practitioner                      Registered Dietician                      Personal Trainer                      Health Coach                      Health Educator                      MD or DO                      Counselor                      Nurse Practitioner/RN                      Physician Assistant                      PhD in Health                      Graduate Degree in Health                      Bachelor Degree in Health</p> <p>Other: Certified Health                      Promotion Director</p>	<p>17</p>	<p>300</p>	<p>Emp Participation                      Medical Costs                      Emp Satisfaction                      Workers' Comp                      Health Status/Risk Fctrs                      Behavior Change                      Absenteeism                      Disability</p> <p>Other: productivity,                      incentives, premiums,                      health clusters, risk                      status</p>	<p>Reading Levels                      Health Status                      Cultural Diversity                      Disabilities                      Shift Work                      Needs Assessment</p> <p>Other: leadership                      support, budget,                      health care needs</p>	<p><b>TapeMaster</b>                      Kathy Ewell                      Office Manager                      900 Rochester road                      Troy, MI 48083                      000/000-0000  <a href="mailto:kme@tapemastercnc.com">kme@tapemastercnc.com</a></p> <p><b>Trijicon</b>                      Jeannie Stone                      VP HR                      49385 Shafer Avenue                      PO Box 930059                      Wixom, MI 48393                      248/960-7700  <a href="mailto:jstone@trijicon-inc.com">jstone@trijicon-inc.com</a></p>
					<p><b>Client Health Care Type</b></p>			
					<p>Fully-insured:                      75%</p> <p>Self-funded:                      25%</p>			

## International Service Area

	Services	Method	Employee Credentials	Years in Wellness	No. Clients in Past 2 Years	Evaluation Metrics	Tailoring	References
<p><b>Health Enhancement Systems</b> Shawn Penning Marketing Director 712 Cambridge Street Midland, MI 48642 <a href="http://www.healthenhancementsystems.com">www.healthenhancementsystems.com</a> 989/839-0852 <a href="mailto:shawnmarketing@hesonline.com">shawnmarketing@hesonline.com</a></p> <p>Creating worksite wellness challenges for a multitude of sectors since 1992. Our wellness challenges and materials help improve the health of individuals and organizations throughout North America, Europe, Asia and Africa. We create employee wellness competitions that engage and inspire with fun themes, challenging goals and built-in social connections that dramatically increase participation and success. Our ready-to-implement wellness challenges include fitness, nutrition, weight control, stress management and family health campaigns.</p>	<p>Clinical Screen/Srvcs Health Coaching Wellness Classes Nutrition Counseling Fitness/Exercise Cnslng Health Assessments Health Ed Resources Emp Assist Program Cultural/Env Audits</p> <p>Other: online wellness challenges supported by our customer service team</p>	<p>Face/Face Onsite Face/Face Offsite Via Telephone Online Via Internet Software Apps</p>	<p>Wellness Practitioner Registered Dietician Personal Trainer Health Coach Health Educator MD or DO Counselor Nurse Practitioner/RN Physician Assistant PhD in Health Graduate Degree in Health Bachelor Degree in Health</p>	21	300	<p>Emp Participation Medical Costs Emp Satisfaction Workers' Comp Health Status/Risk Fctrs Behavior Change Absenteeism Disability</p> <p>Other: wellness challenge completion</p>	<p>Reading Levels Health Status Cultural Diversity Disabilities Shift Work Needs Assessment</p>	<p><b>Chevron Corporation</b> Pam Mitchell, MPH Health and Productivity Advisor 6001 Bollinger Canyon road San Ramon, CA 94583 713/372-6037 <a href="mailto:pmwm@chevron.com">pmwm@chevron.com</a></p> <p><b>Andersen Corporation</b> Sharon Wieker Health Improvement Program Manager 100 Fourth Avenue N Bayport, MN 55003 651/264-5247 <a href="mailto:Sharon.wieker@andersencorp.com">Sharon.wieker@andersencorp.com</a></p>
					<b>Client Health Care Type</b>			
					Unknown: 100%			