

## OASSIS Wellness Services – included in all of our plans!

OASSIS offers **complimentary Wellness Services** to all OASSIS member organizations and their employees. These services are managed by Tri Fit Inc., a corporate health and wellness organization.

The goal of the OASSIS Wellness Services is to help our clients achieve a healthy workplace. We hope our services will support and foster employee's physical, mental and emotional health, prevent workplace related injuries and illnesses and promote work-life balance.

With the OASSIS Wellness Services you can look forward to comprehensive programs including the following:

### Monthly Wellness Bulletin

Your organization will receive a monthly wellness email sent by the OASSIS Wellness Consultant. This includes a Newsletter with up-to-date wellness topics, a Healthy Habit for employees to work towards, information on upcoming Wellness Challenges and Campaigns for employees and many more helpful resources!

### Lifestyle Counseling

Our Wellness Consultant offers one-on-one consultations with employees via email or phone for personalized fitness plans, goal setting tools, healthy eating strategies and stress management.

### Wellness Activities

Resources on possible wellness activities and events are available for your organization.

Activities can include a Stretch Break program, nutrition demos and more! The Wellness Consultant is available for one-on-one support to help you get started.

### Wellness Challenges and Campaigns

Our interactive activities will motivate employees to achieve their wellness goals while having fun. Challenges and Campaigns include weight loss, gratitude, nutrition and physical activity themes.

**Is your organization a current OASSIS member?** For more information please contact our Wellness Consultant at [wellness@oassisplan.com](mailto:wellness@oassisplan.com), 1-888-233-5580 ext. 310 or visit [www.oassisplan.com/wellness\\_services](http://www.oassisplan.com/wellness_services) for more information.

**Not currently an OASSIS plan member?** For more information please contact Flora de Mintich at [flora@oassisplan.com](mailto:flora@oassisplan.com) or 1-888-233-5580 ext. 305 or Brent Voisey at [brent@oassisplan.com](mailto:brent@oassisplan.com) or 1-888-233-5580 ext. 302 for more about our plans & value added services.