

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, 1-888-233-5580 ext. 310 or visit 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 or 1-888-233-5580 ext. 305 or Brent Voisey at brent@oassisplan.com or 1-888-233-5580 ext. 302 for more about our plans & value added services.