

**The Rasmussen Group** offers a variety of resources through their benefits package and *Work Well* program to support employees and their families.



**Work Well**

- Online Wellness Center activities with \$400 in incentives
- Biometric health screenings
- One-on-one wellness coaching
- Employee Assistance Program (EAP)
- Better Choices, Better Health self-management workshop
- Freedom From Smoking
- Nicotine Patches
- Fitbits

Access to other resources and information on:

- Healthy eating
- Physical activity
- Mental and emotional health (stress, depression, suicide, PTSD, etc.)
- Work-life balance
- Finances (budgeting, saving, paying for college, retirement, etc.)
- How to prepare for your physical
- Diabetes education
- Tobacco cessation

**Wellmark (Wellmark Members)**

- BeWell 24/7 Nurse Hotline (1-844-84-BeWell)
- Dr. On Demand (DoctorOnDemand.com)
- Chronic Conditions Support
- Pregnancy Care Program

**RASMUSSEN WORK WELL**

- Fosters Healthy Behaviors
- Improves Culture
- Supports Employees & Their Families
- Promotes Whole Health

**FOR MORE INFORMATION**

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