



Corporate Wellness Partner of the Year - 2017

Our Corporate Wellness Partnership Programs

Professor Adrian Kennedy



Partnership



Working together to accomplish a common objective

- *Webster's Dictionary*



The Webster's Dictionary explains "Partnership" as working together to accomplish a common objective. There are, as we know, different kinds of partnerships, as in a Business Partnership or a Marriage Partnership. This presentation, pertains to Corporate Wellness Partnerships.

Wellness Providers

Wellness Clients

Corporate Wellness Objectives



Improve Health
Reduce Medicare Costs
Increase Productivity and Profits



Broadly speaking, in Corporate Wellness, Partnerships fall into one of the two categories, that of “Wellness Provider” or “Wellness Client”. However, for both categories the final Corporate Wellness Objective is:

- a.** Improving employee health
- b.** Increasing human productivity
- c.** Reducing Medicare costs
- d.** Increasing financial profits

Health Improvement Systems



Health Screening



Health Counseling



Health Education



Health Activities



To achieve these wellness objectives in corporates, Arabian Wellness implements its following tried & tested, Health Improvement Systems, comprising of:

- a. Employee Wellness Assessment & Counseling
- b. Corporate Health & Productivity Audits
- c. Health Education and Empowerment
- d. Daily Physical Activity, & Sport
- e. Annual Employee Engagement and Review

Health Screening (Employees)



Weight Management

Exercise Programs

Stress Management

Sleep Management

Quit Smoking Solutions

Cardiac Care

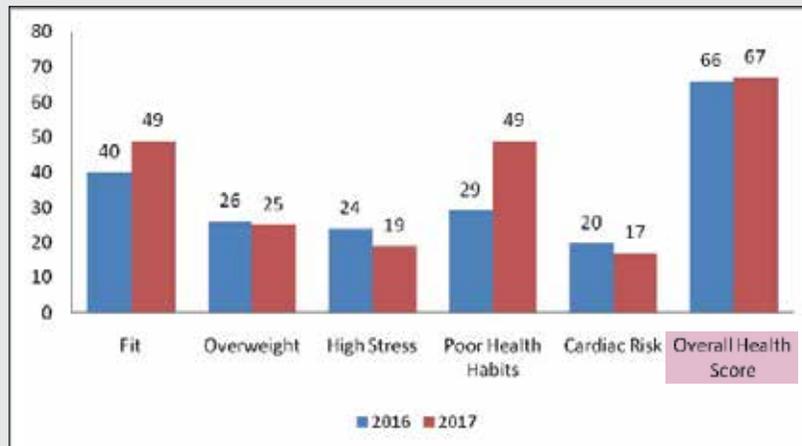


Our Health & Lifestyle Screening software has been created by a multidisciplinary team of doctors and health professionals. It is based on the United States Prevention Guidelines and integrates all medical diagnostics of BP, Blood, etc and correlates it with various lifestyle factors (medical history, diet, activity, stress, smoking, etc), & delivers a lifestyle change prescription for counseling in all areas, including Cardiac Care, Chronic Disease Management, Weight Loss, Stress, Exercise Activity, Smoking Cessation, Alcohol Management, etc.

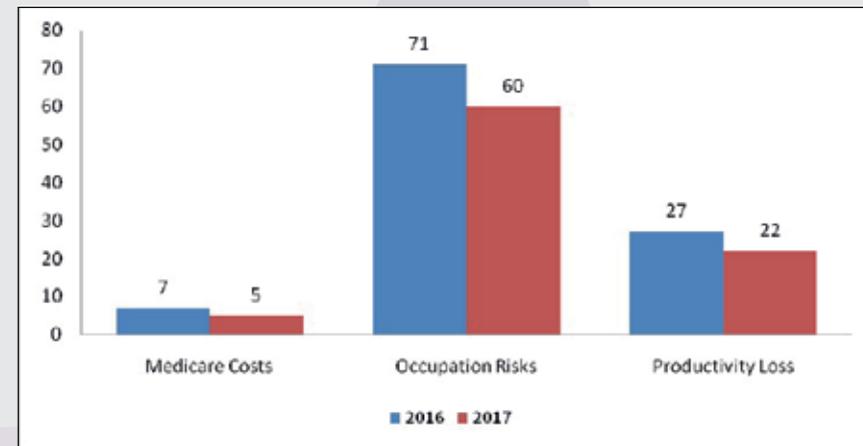
Health Audit - (Corporate)



Health Profile



Productivity Profile



RAK Ceramics: 2016 – 2854 Emp. | 2017 – 3211 Emp.

A unique aspect of our Health & Lifestyle Scan is, that it releases the annual, cumulative employee health statistics comprising Obesity, Inactivity, Stress, Smoking, Medical risks, etc. Also it quantifies absenteeism, presenteeism, human productivity, medicare utilization, etc. and charts out action areas for the year under review. These year round activities include:

- a.** Health Education & Empowerment
- b.** Quit Smoking & Weight Loss Groups
- c.** Physical Activity & Sports

Health Education Programs



How Are You?

Nutrition & Weight
Management

Fitness for Life

Stress Management

Smoking Cessation

Chronic Disease
Management



In Arabian Wellness, we believe that our role is supportive. The first step in this direction is the individual's health assessment & counseling. The second step is like group, health education and empowerment workshops, as required, in Stress, Weight Management, Quit Smoking, Physical Activity, Disease Management, etc.

Physical Activity



Office Exercise
Fitness Challenge
Weight Loss
Quit Smoking

RAK Inter Corporate Basketball Tournament 2016



RAK INTER-CORPORATE CRICKET TOURNAMENT

Venue: ARC International, Al Jazeera, RAK
Date: 27th January 2017, Every Friday & Saturday
Time: 8am to 5pm



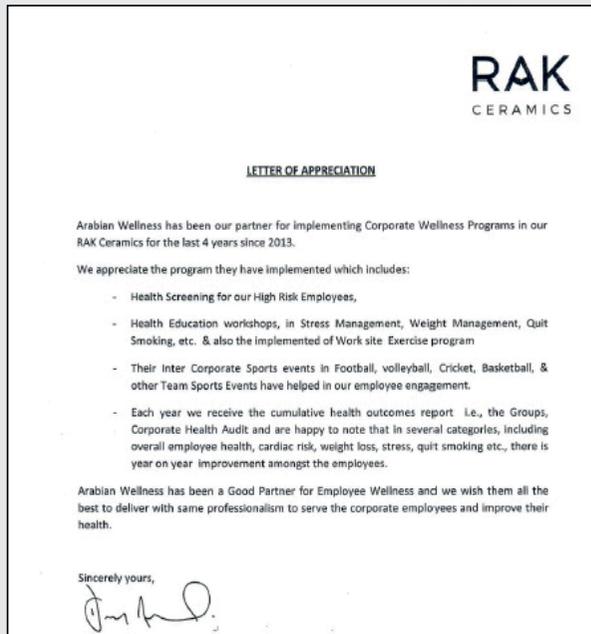
RAK INTER CORPORATE MEN'S VOLLEYBALL TOURNAMENT



Venue: RAK Ceramics Volleyball Court
Date: 25th & 26th November 2016
Time: 4:00pm to 9:00pm

Mental activity gives way to participative physical activity in our third phase. Here all employees are encouraged to participate in daily 5 minute office exercise programs, monthly walking and fitness challenges, quarterly weight loss challenges and annual sports tournaments in team games like football, basketball, etc.

Annual Review & Customer Feedback



Arabian Wellness has been a good partner for Employee Wellness and we wish them all the best to deliver with same professionalism to serve the corporate employees and improve their health.



Overall, we are very much satisfied with the professional services provided by Arabian Wellness & Lifestyle Management

And our corporate customers are usually quite happy with us. Our annual review with our Corporate clients , usually gets us a few letters of appreciation from our customers, samples alongside.

Our Technical Partners



RAK Hospital



**RAK Medical &
Health Sciences University**



RAK Insurance



**European Lifestyle Medicine
Organization (ELMO)**

All thanks to our “Technical Partners”:

- a. RAK Hospital, for supporting us with medical screening
- b. RAK Medical & Health Sciences University, for their research & academic support
- c. RAK Insurance, for supporting us with their corporate clients
- d. European Lifestyle Medicine Organization (Geneva), for their technical validation

Our Client Partners



	No. of Employees	Years of Association
RAK Ceramics	8000	4
Stevin Rock	5000	2
Saqr Port	2000	2



And many thanks to our “Client Partners & Customers”, many of whom we have provided our Wellness Services to, over several years:

- a.** RAK Ceramics, the world’s largest ceramics manufacturer, whom we have serviced since our incorporation in 2013
- b.** Stevin Rock, the mining conglomerate
- c.** Saqr Port and over 60 other corporates

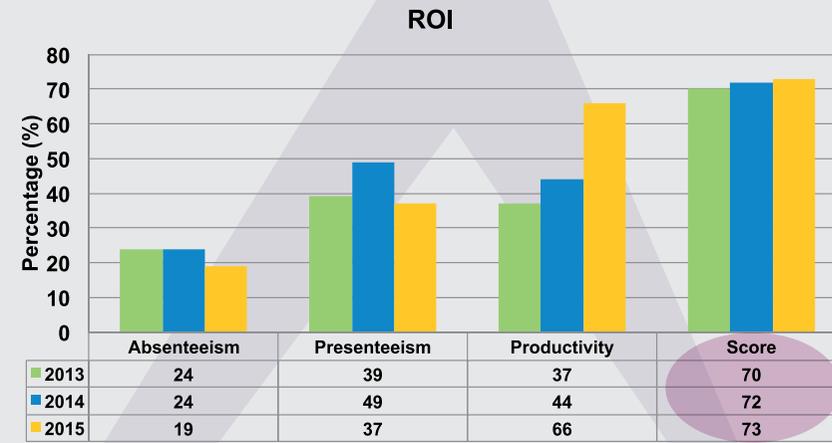
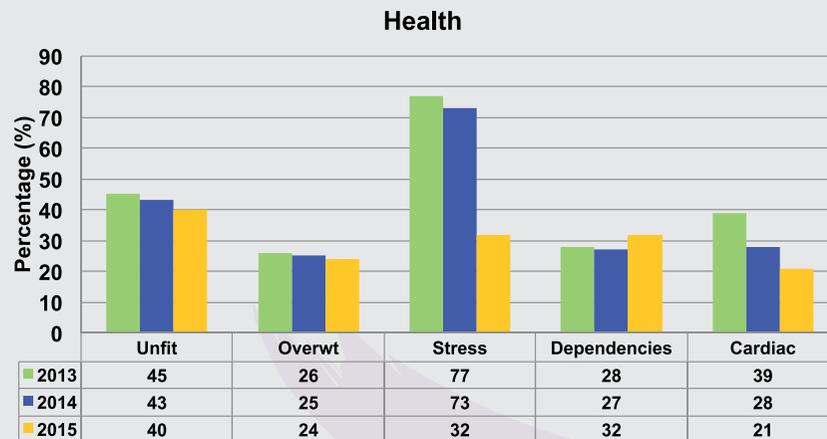
Corporate Wellness



Health Benefits		Return on Investments	
Wellness	Medical	Facilities	Financial
Physical Fitness	Diabetes	Canteen	Insurance
Overweight	HBP	Gym & Sports	Cost
Stress	Cardiac	Education	Absenteeism
Smoking	Chronic Ailments		Presenteeism
Safety			Productivity
Health Score			

As mentioned earlier, it is important for a corporate wellness customer to benefit from the contract provided for Wellness Activities. These Benefits usually relate to the Health improvement of Employees, i.e. (improved fitness, stress management, diabetes management, etc) & also to financial returns, i.e. return on Investment, (reduction of Medicare Costs, reduced absenteeism, improved productivity, etc). For ease of evaluation, often the cumulative corporate health score is taken as a final indicator of ROI.

RAK Ceramics – Wellness ROI*



*75 Parameters

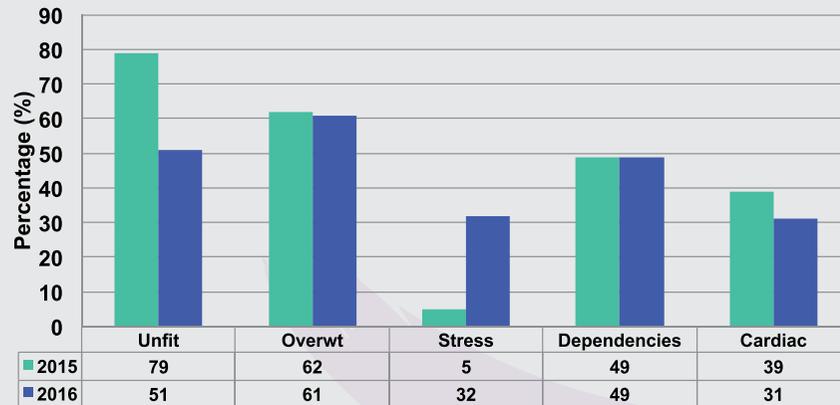
2013 - 2082 Emp. | 2014 - 2348 Emp. | 2015 - 2458 Emp.

Our partnership with RAK Ceramics began in 2013 and continues till today. Our counseling, education and fitness programs, covering their 3000 employees annually, have resulted in improved physical activity, reduced obesity, lower stress and overall cardiac improvement. Also lower absenteeism, & higher employee productivity has been recorded with a decisive improvement in overall health score.

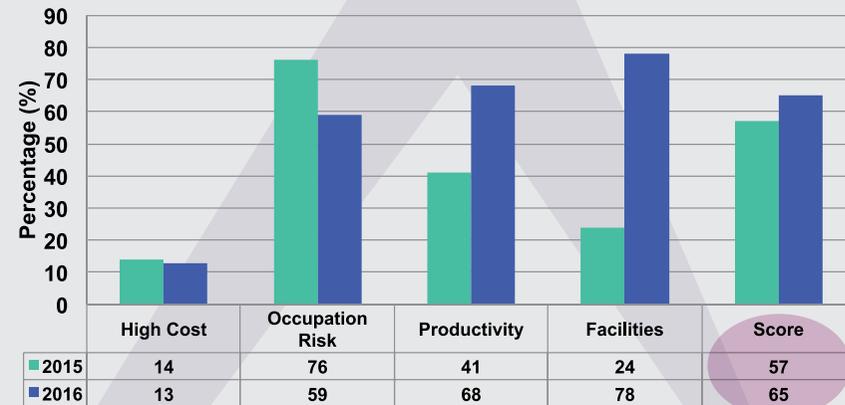
Stevin Rock – Wellness ROI



Health



ROI



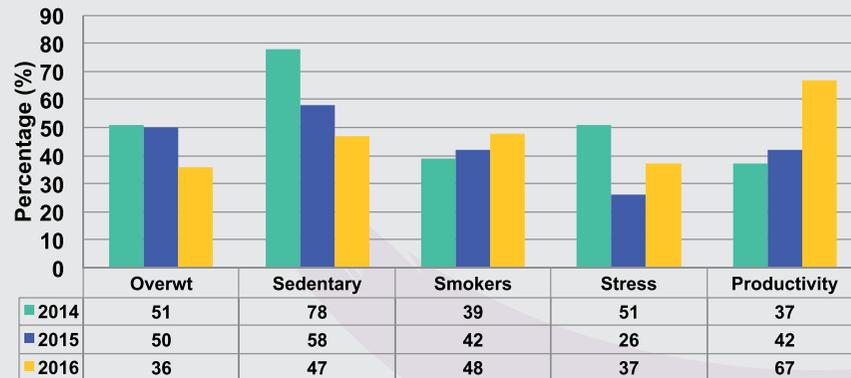
2015 – 2728 Emp. | 2016 – 2761 Emp.

Our partnership with Stevin Rock, a mining company, with over 3000 employees, began in 2015 and continues till today. With our introduction of Health Classes, Healthy food in Canteens and Sports Facilities, employee fitness levels have improved and weight reduced. The statistics indicate that stress is an area that needs to be better managed. Medicare costs have dropped, productivity has improved and so has the overall health score.

Ras Al Khaimah Annual Success

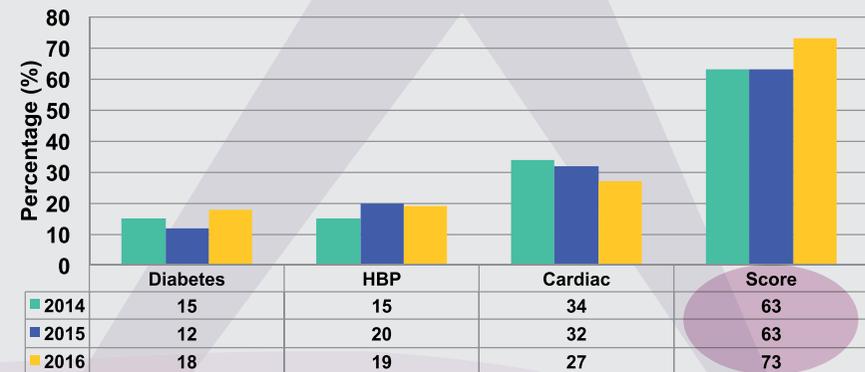


RAK Corporates Health Status



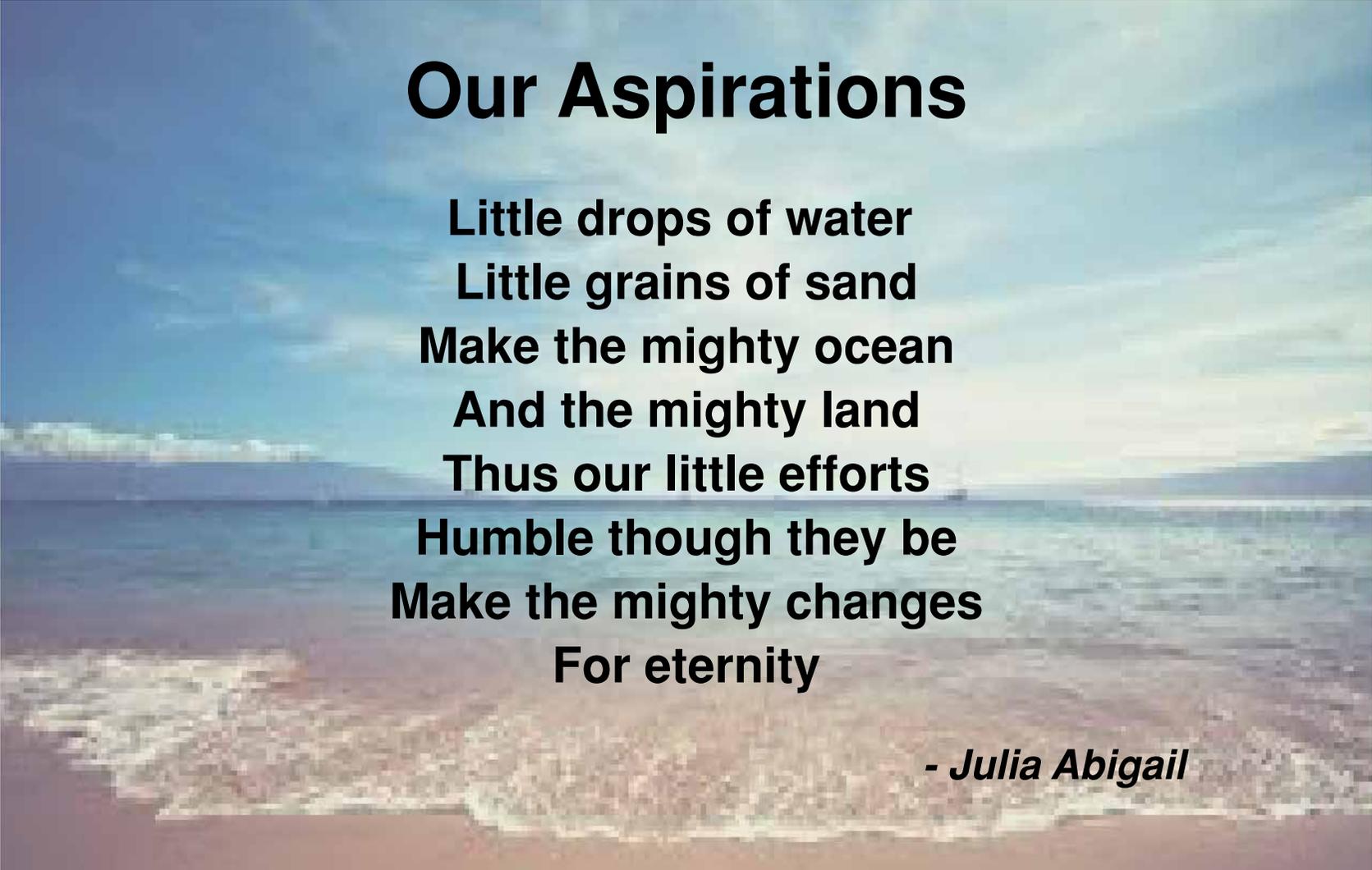
Covering 20,000 lives

RAK Corporates Medical Status



Covering 20,000 lives

Beside the Health & Wellness Audit of each corporate, we also do a wellness audit of our overall work each year. We refer to this as the Ras al Khaimah Corporate Health Audit. As on date, we have touched over 20,000 lives. Our success in improving the health of the Corporate Community is of some value to the local government, also to RAK Insurance. The good news is that, here too, the overall health score of the population seems to be improving from year to year.



Our Aspirations

**Little drops of water
Little grains of sand
Make the mighty ocean
And the mighty land
Thus our little efforts
Humble though they be
Make the mighty changes
For eternity**

- Julia Abigail

This little poem by Julia Abigail written more than a century ago, expresses our Corporate Wellness aspirations in Ras al Khaimah & in the UAE. Today it is little drops, but we are hopeful that in the years to come, we will have supported a mighty movement towards Health & Wellness in the UAE.

Thank You



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Arabian Healthcare
GROUP LLC