

The Wellness at Work Package

The Acta Health Team

We are a highly professional team of on-site preventive care and wellness facilitators – doctors, nurses, and pharmacists – that provides flexible wellness services to help working individuals manage and improve their health.

Our Wellness Services



Preventive Care

We provide on-site screenings and Flu clinics to help participants and their families stay healthy.



Medication Management

Our pharmacists provide a personalized approach to help participants manage medications.



Educational Resources

We facilitate participants' journey to total health by providing healthcare tools and resources.



Wellness Management

We manage workplace wellness programs, on-site health events, and employee incentives.

The Overall Benefits of Wellness at Work Services

Increased productivity through a healthy workforce.

Personalized and convenient health monitoring and care.

Enhanced health benefits and lower healthcare costs.

Work wellness activities that meet your business needs.

Customize your Wellness at Work Package

Choose and combine our services

Preventive Care

- Biometric screenings:
 - Height, weight & BMI (body mass index)
 - Blood pressure
 - Blood sugar
 - Cholesterol and triglycerides
- Personalized consultation
 - Risk assessments
 - Disease prevention and management
 - Health and lifestyle coaching
- On-site flu shot clinics

Medication Management

- Medication review and assessment
- Advice on lifestyle modifications
- Recommendations to optimize therapy

Educational Resources

- Workshops on:
 - Stress management
 - Nutrition and exercise
 - Lifestyle medicine
 - Managing diabetes
 - Smoke cessation
 - Over-the-counter medications
- On-line health resources
 - Ask a Pharmacist
 - Tips on maintaining lifestyle

Wellness Management

- Management of company wellness program
- Wellness facilitator for the site
- Health monitoring
- Employees incentive program

Ready to find out more?

Schedule a free consultation to design your package

Contact Mariane Enriquez at:

milenriquez@actahealth.com

Phone: (513) 549 3427