

# **Wellness Risk Management Pilot Project**

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**Individual Self Improvement  
A Scientific Evidence-Based Program.  
Individual One-On-One Help as Needed  
We are putting NUMBERS to Multidimensional Wellness.**

**A Wellness Measuring Program  
and a  
Self-Help Workshop Program**

**First we produce a **Wellness Profile** with a measurement.  
Complying with the science is what people do not do well.  
Chronic Disease Prevention Strategies is the Ultimate Goal.  
We are here to help with that.**

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**Transitioning to Wellness Risk Management - Instructor/Coach/Guide**

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)  
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# Wellness Risk Management

## Pilot Project

<https://WellnessRiskManagement.com>

**Making Wellness a Priority, Creating Value for Society,  
Chronic Disease Prevention Strategies, Helping Business Manage Wellness  
For Companies, Industry and Businesses  
Offering Intensity - Duration - Focus**

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## Our Process at Wellness Risk Management

### WRM is a Self-Help Protocol

**Our niche is helping people help themselves with Evidence-Based Wellness, Chronic Disease Prevention Strategies and services that can be delivered virtually.**

**We work on an independent contractor basis to assess worker interest in the Wellness Risk Management model, then we establish an ongoing, long term program if interest warrants.**

- First we measure in a thorough, comprehensive, measurement program online. We analyse the results in a thorough assessment.
- We identify individual needs then prioritize those needs. There are 126 items in our protocol we can identify. A client may need work on a number of them.
- A list of eight prioritized items is suggested for the client to work on. Suggesting only one item is very inefficient. We leave people choices within those eight items because people need those choices.
- People can work on all eight items by themselves. However, if any of those eight items are still there in the list, and identified by the next measurement process, then obviously the client is having some difficulties with them. We help with that.
- Workshops are available to help the client further. Fees are charged to the client for measurement and workshops.
- With our protocols a business should not have to cover the costs for Wellness Risk Management Workshops for individual workers in a business.

**Please Request Our Seven Page Pilot Project Proposal.**