

Pilot Project
Wellness Risk Management
Measure - Assess- - Identify - Prioritize - Motivate

**A program to gauge a worker's interest in Chronic
Disease Prevention Strategies through Wellness Risk
Management**

**A lot of people don't know what they
don't know about Wellness and, a lot
of people don't do what they do know.**

We are here to correct that.

**At Wellness Risk Management
we leverage the healing power
of human connection.**

Dr. Victor Jean Ouellette, DC, MS

April 2021

info@WellnessRiskManagement.com

<https://WellnessRiskManagement.com>

Wellness Risk Management

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**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**

Abstract on Wellness Risk Management (WRM)

Wellness Risk Management is valuable, persuasive, organized and clear. One of our goals is to change the way people gain multidimensional Wellness. We help people move toward more regular science-based Wellness behaviours. With a thorough measurement process connected to workshops we help people move toward the goals they choose. We help people help themselves. In addition to in-house workshops, we offer virtual online help to speed people on their way.

Hello. My name is Victor Jean Ouellette. I am the owner/creator of Wellness Risk Management. Our inauguration rollout plan is beginning in Mississauga and I would like to introduce your company to Wellness Risk Management. Is there an appropriate contact person to whom I can send a subsequent initial introduction email? If you are in another city then please contact us.

A Company's Review of WRM

A company should have an interest in helping their workers improve their lives and learn chronic disease prevention strategies through science-based self-help behaviours.

Company's Step One

- Talk with Dr. Ouellette to learn about Wellness Risk Management.
- Begin an assessment review of Wellness Risk Management's three web sites.
- If interested, enrol the company in Wellness Risk Management for free by indicating so in an email to info@WellnessRiskManagement.com.

Company's Step Two

- Notify workers that Wellness Risk Management is now available.
- Post WRM notices on bulletin boards, web sites, cafeterias, change rooms etc.

And that's it. Workers choose whether or not to enrol themselves in this volunteer program. I would work on an independent contractor basis to assess worker interest in the WRM model then establish an ongoing long term program if interest warrants. There is no cost to a company.

Thank you for your time.

Dr. Victor Jean Ouellette, DC, MS

See: **Introduction Phase 0**

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Wellness Risk Management

WellnessRiskManagement.com

Chronic Disease Prevention Strategies Helping Business Manage Wellness

We Put NUMBERS to Multidimensional Wellness Introduction Phase 0

We are --- Making Wellness A Priority.

Phase 0...

Introducing Your Company to Wellness Risk Management

I am offering to personally organise and manage your company's enrolment and start up in Wellness Risk Management. You can see my profile on the web site [Intro](#) page (the index.html).

- There is no cost to your business.
- Helping people build a personal Wellness ROUTINE is a prime importance.
- Helping companies improve a worker's multidimensional Wellness is a priority.
- We measure much more than the physical.
- We measure with an online measuring QUESTIONNAIRE program.
- We are QUANTIFYING lifestyle behaviours and Wellness knowledge SELF-HELP facts.
- We provide online workshops to help people improve their 38 scores.
- We help people improve their mind and body to reduce stress.
- People build internal Wellness to fight disease.
- If people wish to move toward more cutting edge concepts, we can help with that too.
- Your company can show workers you care by encouraging enrollment in WRM.
- Our long term goal is to set up an ongoing, long-lasting **Wellness Risk Management Directorship Program** in your company.

Wellness Risk Management is an ideal COVID recovery program that helps people help themselves.

<https://WellnessRiskManagement.com>
info@WellnessRiskManagement.com

Dr. Victor Jean Ouellette, DC, MS

See Introduction PHASE I

5 pages

See Introduction PHASE II

1 page web structure understanding + 3 posters + 4 pages

See Introduction PHASE III

Physical meeting + 28 page PDF

Wellness Risk Management
WellnessRiskManagement.com

Chronic Disease Prevention Strategies
Helping Business Manage Wellness

We Put NUMBERS to Multidimensional Wellness
Introduction Phase 0

Can we please meet and discuss helping your company? We help a company get started by explaining the following.

- Wellness Risk Management
- Dr. Ouellette's Five Pillars of Optimal Health Secrets
- A WRM Directorship Program that will establish a long-term self-sustaining Wellness Risk Management service in your company

Wellness Risk Management helps people see a starting point in this Wellness matrix and a roadway they can work on by themselves, or with our help. Wellness Risk Management works hard at maintaining the humanization of Wellness improvement.

We leverage the healing power of human connection.

A major requirement is that people must want to help themselves.

Wellness Risk Management

Quotes from Dr. Ouellette

“Don’t give up a good life out of the feeling that it is difficult to maintain. Don’t give up on yourself out of self doubt.” April 2021

“Animal bodies adapt every minute of every day. They adapt to what they are doing and what they are thinking. Those adaptations collect each day and build by a tiny amount until they become such a large enough blend of adaptations that they begin impacting the mind’s awareness processes. If the adaptations are negative, we sense pain, we sense disability, we sense a mental health issue. These negative adaptations start small and build big.” April 25, 2021

“A problem arises in that some people, many people actually, ignore the initial small signs until they become big signs. At Wellness Risk Management we teach people to pay attention to the LITTLE signs. If the signs become big then people need therapy. We do not do therapy at Wellness Risk Management.” April 25, 2021

So, what do we do at Wellness Risk Management?

“We help people move toward more **regular science-based** Wellness self-help behaviours.”

“A lot of people don't know what they don't know about Wellness and, a lot of people don't do what they do know. We are here to correct that.”

“**At Wellness Risk Management we leverage the healing power of human connection.**”

“We help people move toward
more regular science-based
Wellness behaviours.”

Wellness Risk Management

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Chronic Disease Prevention Strategies Helping Business Manage Wellness

We Put NUMBERS to Multidimensional Wellness Introduction Phase 0

Why do we not charge a business for our services?

Business

Keeping a healthy workforce helps a business overall in the long run. However, the business runs into a problem. If it accepts Wellness science then tries to teach a workforce which does not want to make personal changes then a problem arises. This is no small problem and is often met with failure. It is an expensive proposition that requires the input from multiple health disciplines. The business wants to see a return for its money. The return on helping people help themselves is often quite poor for a business. Leave that to us.

The business would be much better advised to focus its efforts on maintaining a well-focussed workforce through proper sleep habits and mental acuity during work. It doesn't make sense to ask a business to pay for an individual Wellness service for a worker. It makes more sense for the business to offer motivation incentives in this Wellness field for the individual.

Workers

Workers come from the individual, single-person viewpoint. Some people want to help themselves and some people don't. A business need not offer each of these two groups a new Wellness Services benefit. Workers become divided/separated into these two camps so to speak, and that becomes divisive. Leave that to us.

Workers are keenly focussed on their pay, feeling that other people (business) should not tell them how to live their personal lives. To be successful with Wellness a person needs to want it. They need to come to that mind-set-shift on their own. We help with that.

Wellness Risk Management

At Wellness Risk Management we prefer to **qualify** workers in order to find those who really want to help themselves. Payment is one of the prime methods to accomplish that. Once a person decides they need help (to help themselves), then our work can begin. We are in the business of showing people how to help themselves. First, we measure.

Making Wellness a Priority

Wellness Risk Management
WellnessRiskManagement.com

Chronic Disease Prevention Strategies
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We Put NUMBERS to Multidimensional Wellness
Introduction Phase 0

Pricing our help at \$40 for four measurements and \$40 for four hours of workshop help is set as our inaugural plan. We arrive at \$79.95 as an inaugural enrolment fee for workers, and no cost to the business.

Our belief is that people gaining personally from improved Wellness should pay for it. We are interested in those people who are willing to appropriate some of their personal funding to help themselves. We have three initial forms for people, one for a company enrollment, and two for individual enrollment.

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We arrive at our model.
“No Cost to Business.”
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If a person’s lifestyle overwhelms anything that can be done for them in a passive form of therapy, then passive therapy becomes futile.

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Our goal is to help people help themselves by
‘Making Wellness a Priority’.
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We would be happy to meet with you to discuss a Pilot Wellness Risk Management program in your company.