

Pilot Project

Wellness Risk Management

Measure - Assess- - Identify - Prioritize - Motivate

A program to gauge 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

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 you are doing and what you are thinking. Those adaptations collect each day and build by a tiny amount until they become 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.

A problem arises in that some people, many people actually, ignore the initial small signs until they become big signs. We are not here at Wellness Risk Management to teach people to pay attention to the LITTLE signs. That would be therapy, and we do not do therapy at Wellness Risk Management.”
April 25, 2021

Ah, what do we do at Wellness Risk Management?

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

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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, workshops and our 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 one page initial introduction email?

A Company's Review of WRM

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

Company's Step One

- Talk with Dr. Ouellette to learn about Wellness Risk Management.
- Begin an assessment review of Wellness Risk Management's three websites.
- 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, websites, 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. 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 homepage.

- No cost to your business
- Helping people build a personal Wellness ROUTINE
- Helping companies improve a worker's multi dimensional Wellness
- We measure much more than the physical.
- We measure with an online measuring QUESTIONNAIRE program.
- 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.
- Building 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.

<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.

- Wellness Risk Management
- Dr. Ouellette's Five Pillars of Optimal Health Secrets and 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 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.