

# KRONOS OPTIMAL HEALTH COMPANY

## Helping people live as healthy as possible throughout their lives

A national leader in customized health promotion programs, Kronos Optimal Health Company works with corporations, health plans, health management vendors and communities, as well as offering services direct to consumers.

We provide early risk assessments, create specialized wellness strategies and develop individually tailored lifestyle solutions for clients nationwide. High quality, high-touch programming is our signature – whether our experienced health professionals deliver services in the workplace, on the Web or over the telephone.

## Put wellness to work for your company

*Lasting* lifestyle and behavioral change is central to Kronos' proactive approach to wellness. Our diverse offerings share a common foundation: science-based protocols, highly personalized engagement, practical health education, and targeted interventions based on the health status and behavioral profile of each person.

Kronos is headquartered in Phoenix, Arizona, and has offices in Agoura Hills and San Diego, California; Dallas, Texas; Denver, Colorado and Jacksonville, Florida. Kronos can provide services in all 50 states through an extensive network of Kronos-trained health educators, technicians and clinical professionals.

## Our services include:

- Wellness Program Consulting
- Kronos At Work – Integrated Customized Wellness Programming
- Health Screenings
- Fitness Assessments
- WOW! Events / Health Fairs
- Kronos One-on-One Coaching
- Health Education Seminars
- Health Promotion Activities
- Health Risk Assessments
- Lifestyle Promotion Courses
  - Kronos Weight Management
  - Kronos Prediabetes
  - Kronos Stress Management
  - Kronos Prehypertension
  - Kronos Cholesterol
  - Kronos Nutrition
  - Kronos Optifit
  - Kronos Smoking Cessation
- Fitness Management
- Wellness Staffing



## Wellness delivers a healthy ROI

A healthier workforce translates to improved productivity, less absenteeism, and reduced levels of stress and stress-related diseases. Workplace wellness initiatives benefit your bottom line, too. According to the Department of Health and Human Services and other studies, corporate savings range from \$1.65 to \$4.91 for every dollar spent.

**KRONOS**<sup>®</sup>  
— optimal health company