

Wellness **RISK** Management (**WRM**)

Page 1 of 2

A Structured, Measured Approach to Reducing Chronic Disease Risk

By Dr. Victor Jean Ouellette, DC, MS

- **Wellness **RISK** Management** is a standardized, non-clinical, evidence-aligned program that helps people measure their wellness behaviours and then manage their personal **Wellness **RISK**** using simple, structured tools.
- It supports—but does not replace—medical care, focusing on the Five Pillars of wellness behaviour that research consistently links to lower chronic disease risk.

Why **WRM** Exists

Most people know what they should do to be healthier—but everyday life gets in the way.

WRM solves this gap by providing:

- A measurement system that shows individuals where they are at risk.
- A structured Action Plan List (“chores”) based on personal scores.
- Weekly **WRM Tutoring Workshops** to help people stay consistent.
- A clear mandate: **WRM Instructors** do not provide medical advice—they support behaviour adherence.

The Five Pillars of **WRM**

- **Nutrition** behaviour (A option includes the **Pain Relief Diet** & optional weight-loss use)
- **Movement** & physical function
- **Lifestyle routines** (Spinal health, R&R, sleep, Attitude, stress patterns, daily structure)

Self-management behaviours (tracking, compliance, follow-through)

- **Pain & inflammation reduction strategies** (non-drug, behaviour-based)
- **Participants select their own “chores” based on their scores** —self-directed, measured, and manageable.
- **Evidence:** Behaviours That Reduce Chronic Disease Risk

Large-scale evidence (public domain, not tied to **WRM**) consistently shows that improvements in these five domains are linked to reduced rates of:

- Type 2 diabetes
- Hypertension
- Obesity & metabolic syndrome
- Chronic pain & inflammation
- Cardiovascular risk markers
- Anxiety & stress-related symptoms
- Workplace disability & absenteeism

WRM's structure simply makes these evidence-based behaviours practical and sustainable.

Wellness RISK Management (WRM)

Page 2 of 2

A Structured, Measured Approach to Reducing Chronic Disease Risk

By Dr. Victor Jean Ouellette, DC, MS

Why WRM Works for the Community

WRM offers measurable value to employers, communities, and policymakers:

- Improves workforce health behaviours
- Reduces preventable absenteeism
- Supports low-income or high-stress workers with structured guidance
- Can be delivered by trained lay-instructors (affordable service model)
- A strong candidate for pilot funding due to low cost & measurable outcomes
- The program is designed to fit into everyday life—not compete with healthcare.

What a Pilot Demonstrates

- A 90-day WRM Pilot shows:
- Workforce engagement levels
- Instructor viability
- Behaviour change adherence
- Company interest in sustaining the program
- Predictability of revenue to support a full-time WRM Instructor
- Once a single practice becomes stable, WRM can expand across workplaces.

Contact

<https://WellnessRISKManagement.com>

info@WellnessRISKManagement.com

WRM Core Web Sites

1. <https://WellnessRISKManagement.com> – lay people
2. <https://HealthAdviceTherapy.com> – medical personnel
3. <https://ChronicDiseasePreventionStrategies.com> – politicians
4. <https://WellnessRISK.com> – definitions
5. <https://TheQ.ca/workshop-purchase.html> – measurement online- workshop purchase
6. <https://OptimalHealthSecrets.com/library.html#top> – Online library
7. <https://PainReliefDiet.com> – anti-inflammatory diet for people in pain

We are highlighting ways to reduce inflammation through diet. Foods like leafy greens, berries, fatty fish, nuts, and turmeric have proven benefits. However, some of these can interact with certain medications, so we advise individuals on prescriptions to consult their healthcare provider before making changes. Our goal is to promote healthy eating safely, ensuring everyone can benefit without risk.