

Wellness Risk Management

By Victor Jean Ouellette, DC, MS, December 3, 2022

My job now is helping people with healthcare, but not the healthcare that is in reality disease care. I am going to retire that skill set some time in the near future. The healthcare WRM provides is in the field of non-therapeutic Self-Help Wellness strategies.

Some people are quite good at the physical fitness end of Wellness. Other people are quite good at the mental health end of Wellness. All of these people have internal struggles because there's too much knowledge necessary to get overall multidimensional Wellness which includes Spinal Health, Rest & Relaxation, and Attitude & Perspective in life thrown into the mix. On top of all that, remaining at a high level of Self-Help Wellness for a sufficient length of time to make a significant impact on one's life is quite difficult for a lot of people.

Wellness Risk Management (WRM) helps with these problems using a measurement program then an intense focus on the **Five Pillars of Optimal Health Secrets**. Convincing people to commit to themselves in the Self-Help field is no easy task because people want thing easy, no effort and preferably in pill form. They are conditioned to this by the pharmaceutical industry. Clinicians can accomplish some inroads when they are able to motivate the patients sufficiently. However, when the clinical job is done people frequently laps back into their old lifestyles.

New Industry

A new industry is needed to help people maintain the benefits they have gained from the clinicians, or from their own self-built strategies. The problem is that clinicians are only expert in their own specific field. And individuals have a huge range of Wellness knowledge especially if they are immigrants unfamiliar with our North American media. Multidimensional Wellness covers a wide range of healthcare and Wellness fields. The science end of self-improvement necessarily needs to gain an evidence-based handle on Action Plan needs. Wellness Risk Management provides the evidence-based protocols.

- - - - -

Most all clinicians are trained in four sources of resources
clinicians use to decide on patient interventions.

1. Medicine-based evidence
2. Evidence-based medicine
3. Best professional opinion
4. And the patient/client wishes

- - - - -

One needs to start on the right foot!
That means the **un-wrong** right foot.

Wellness Risk ManagementBy Victor Jean Ouellette, DC, MS, December 3, 2022

It is because healthcare science is not perfect and also, is not complete, that we borrow from each of these four resource sources. Action Plans, however, need to heavily favour the evidence-based category. Wellness Risk Management nicely satisfies these protocols. People who do not apply the science are at **RISK** to pain, suffering and early death before 115 years old. The last ten years of life are often in misery for these people. WRM is a new solution.

We see that some people need [Lifestyle Help](#) in a minor way and some people need it in a major way. Some people need [Health Amplification](#) in a minor way and some need it in a major way. Some people need [Lifestyle Regeneration](#) in a minor way and some people need it in a major way. Whether a person is dealing with injuries, disease processes, surgery recovery, or Self-Help with Wellness improvement strategies, there are various depths of Self-Help care that people need to apply to themselves depending on where they are at in the Wellness Continuum.

WRM

Wellness Risk Management performs a thorough, comprehensive, anonymous measurement process to determine where a person is actually at with science-based, Self-Help Wellness. That measurement process takes some time, then the workshops begin once the 38 numbers are known and the customized **Action Plan** is produced. Science-based help is available. It's up to people to commit to themselves. However, they need to commit in an organized evidence-based manner focussing on their present Wellness needs at this specific time in their lives.

Wellness Risk Management has organised the science so people can learn where they should start. THEN people need to learn how to continue with Wellness and **Chronic Disease Prevention Strategies**.

Contact info@WellnessRiskManagement.com to learn how to enrol in the inauguration WRM program with the new Statistical Research protocol.

See

<https://optimalhealthsecrets.com/library/WellnessRiskManagement/workforce-pilot-project-making-wellness-a-priority.pdf>