

**Wellness Risk Management**  
**Making Wellness a Priority**  
**Workforce Pilot Project**

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To: Upper Management of Companies in the Guelph and Mississauga areas.  
Purpose: Offer to direct a Wellness Risk Management (WRM) Pilot Project

Hello. My name is Dr. Victor Jean Ouellette. I am the owner of Wellness Risk Management. WRM is a new concept to help people develop Wellness skills. This new Wellness model helps people organise their lifestyles along science-based protocols using a measurement program and a workshop program. Multidimensional Wellness is quite an important concept brought home to us over the last few years through our COVID experiences. We are launching a pilot program for workers in business, industry and governmental organizations to introduce workers to our model.

Wellness Risk Management is beginning a campaign to Make Wellness a Priority in the workforces of targeted companies in the Guelph and Mississauga areas selected based on the number of workers in a company. It is a multidimensional approach to Wellness covering five pillars of optimal health. Our program has been developed from the clinical setting in a musculoskeletal practice where pertinent Self-Help behaviours were often lacking in patients.

We are asking companies and if they have an interest in making Wellness a Priority in their workforce at no cost, or a little cost, to the company. It is because of the difficulties in helping people with lifestyle improvements that we are asking a company's management to help with encouraging people in their workforce to build Wellness protocols and Chronic Disease Prevention Strategies. The worker notification process does not cost a company very much as it would use company resources already developed by the company.

I am offering my services to direct a pilot project to discover interest in the company's workforce for Self-Help Wellness protocols and Chronic Disease Prevention Strategies. An interested company can begin reviewing Wellness Risk Management using the following links.

- # 1. We suggest to start reviewing at: <https://LifestyleHelp.ca>.
- # 2. Then progress to reviewing: <https://HealthAmplification.com>.
- # 3. Finish the review at the opening page at <https://WellnessRiskManagement.com>.

We would be happy to set up a meeting, in-house or virtual, to discuss our new Wellness model.

- # 4. Contact us at: [info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com).

**Making Wellness a Priority**  
Using Measurement, One-on-One Help and Group Help

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## **No Quick Fixes**

In the Wellness field there are no quick fixes. A person needs to be willing to help themselves, and a person needs to be willing to invest the time in themselves for that process.

- Before enrolment, the Wellness Risk Management Pilot Project asks a person to commit to four measurement cycles, each three months apart, for a 12-month period.

Wellness Risk Management will provide four initial hours of help, first giving help where a client needs it most helping with the measurement program and the workshop program. Additional time can be purchased as needed by the client for a reasonable fee.

Most people will understand the concepts of Wellness Risk Management with those four hours of help. At the end of the year people will be at the point of understanding how to assess themselves using the Wellness Risk Management tools provided and how to discipline themselves to achieve success.

**Making Wellness a Priority is a way  
a person can help their body  
perform the best it can the way it  
was genetically intended to work.**

**The science is there waiting to  
be discovered.**

WRM measures a person anonymously, collects and assesses the clues, identifies needs, sets the priorities, drafts an individually customized **Action Plan**, produces a 35 page **WRM Report of Findings** and a **Progress Chart**, and helps motivate people to follow through with that plan.

Contact us to help your workers improve their personal Wellness and learn **Chronic Disease Prevention Strategies**. We will explain the enrollment process and help them on the roadway to **OptimalHealthSecrets**. It is up to the individual to **Make Wellness a Priority**. For some people, that can be difficult. That is where Wellness Risk Management steps in.

## **Making Wellness a Priority**

Using Measurement, One-on-One Help and Group Help