A better PATH to employee health.

As healthcare costs continue to rise, employers are seeking new solutions to reduce cost, improve employee health and make the delivery of healthcare convenient for their employees.

PATH’s mission is simple – to help employees feel their happiest and healthiest at work, resulting in employer cost savings and increased productivity.

PATH makes the healthy choice the easy choice by bringing health screenings, research-based programs and clinical services on-site to the employer’s workplace.
**STEP 1:** Online Health Survey
Employees will answer a questionnaire to learn more about their lifestyle habits and how they impact overall health. At the end, they’ll schedule their biometric screening appointment through our secure portal. All program communication and marketing can be taken care of by your designated Program Coordinator.

**STEP 2:** Biometric Screening
Our team will come on-site to offer a full biometric screening panel measuring body composition, blood pressure, glucose and cholesterol. At the screening, employees will have a brief coaching session—identifying their most important health goals. Off-site screening solutions are available for small worksites and remote employees.

**STEP 3:** Data Analytics
Your employees’ health data is entered into our HIPAA-compliant analytics platform. Our Medical Director and team will analyze the data and develop program recommendations based on your greatest health risks, employee interest, organizational goals, highest healthcare spend, and claims data (if available).

**STEP 4:** Program Design
Our core wellness solution includes the following programs:
- **6 Week Health Coaching Program** – A Certified Health Coach will come on-site to provide support and resources to help employees discover manageable lifestyle solutions that create lasting improvement in health and well-being.
- **“PATH Presents”** – Physicians and certified health professionals will educate employees on relevant health & wellness topics through interactive workshops. Topics are based on employer request, employee interest and health risks.
- **Wellness Challenges** – Fun, interactive challenges designed to help employees eat healthier, be more physically active, maintain a healthy weight, reduce stress, improve sleep, prevent chronic illness and manage current health conditions.

**STEP 5:** Evaluation
Our team provides quarterly and annual reports (depending on your selected initiatives) to keep you informed of participation, employee feedback and outcomes achieved from our programs.
PATH A la Carte Programs
Contact us for a full list of a la carte offerings and on-site clinical services.

On-site Health Coaching
A Certified Health Coach works one-on-one with your employees on-site to provide support and resources to help employees discover manageable lifestyle solutions that create lasting health improvement. Group health coaching programs are also available.

Wellness Challenges
Fun, interactive challenges designed to help employees eat healthier, be more physically active, maintain a healthy weight, reduce stress, improve sleep and prevent chronic illness.

PATH Presents Wellness Workshops
Physicians and certified health professionals will educate employees on relevant health & wellness topics through interactive workshops. Topics are based on employer request, employee interest and health risks.

Diabetes Prevention Program
PATH's year-long Diabetes Prevention Program (DPP) has received full recognition by the CDC as a quality, evidence-based program that meets their standards for ensuring long-term outcomes. The program goal is for participants to lose 7% of their body weight, exercise at least 150 minutes a week and to maintain their weight loss for the duration of the program (1 year) and beyond.

On-site Fitness Classes
Certified Group Fitness Instructors will come on-site to teach Boot Camp, Yoga, Pilates, Zumba and more.

Nutrition Consultations
A Registered Dietician works with employees one-on-one to develop a customized healthy eating plan.

Mindfulness and Stress Management Series
Participants will improve their emotional health and well-being by learning mindfulness practices and techniques for reducing stress on the spot.

Hearing Screenings
An audiologist will come on-site to perform hearing screenings for employees.

Blood Pressure Monitoring Program
Participants work one-on-one with a clinician to get their blood pressure within a healthy range by making sustainable lifestyle changes and/or ensuring medication adherence as prescribed by their doctor.

About PATH: In 2013, two experts in health and wellness, Baptist Health and the First Coast YMCA, saw an opportunity to positively impact the health and wellness of Northeast Florida. They created PATH—Personalized Approach to Health, to bring world class medical care and wellness programs to local employers.

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Client Testimonials

“We’re a company of about 200 folks and 180 of them are spread out across 6 different counties in North East Florida. They showed the commitment and the ideas and the ability to go out there and reach out to our folks. What really sold us on PATH was their staff. We now have more productive and healthier employees. It’s a win-win.”

~ Keith Campbell, CEO for Campbell Plumbing & Mechanical

“2016 was our first year with the PATH wellness program and we were able to actually reduce our medical loss ratio almost in half. We started at 139 percent in 15 and we were able to reduce it down to 63 percent in 2016.”

~ Brian Bush, E-Commerce Manager for Tom Bush Family of Dealerships

“I came in for a PATH health screening and didn’t realize my blood pressure was actually sky high. It was stroke level. PATH possibly saved my life that day. Because if I would have went to the job site where I was working and started some strenuous type work, there is no telling what could have happened.”

~ PATH Participant

“Working with the PATH team has been fantastic. Their commitment and dedication to wellness and their commitment and dedication to our program really sets them apart from anyone else I’ve ever worked with.”

~ Christina Drinkwater, HIPAA Privacy Officer and Training Specialist for Gottlieb and Associates