

Democratizing Wellness @ Work

FirstMD-VIP

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Medical Care should be holistic that includes overall functional health and ...

WELLNESS

Increase awareness for functional health and wellness

1



NUTRITION

Appropriate nutrition is key for good health and often lacks in busy work life

4

ACCESS

Timely access to preventive and episodic care

2

MENTAL HEALTH

Impact of mental health in workplace is underestimated and has serious consequences

3

... can be realized with a comprehensive Wellness program @ Work



WELLNESS

Overall health ecosystem for individual wellbeing



ACCESS

Quick access to preventive and episodic care



MEDICINE

Prescribe medications and refills



NUTRITION

Root of overall wellbeing, increased focus and energy, prevention of chronic diseases



MENTAL HEALTH

Increase confidence and self esteem, reduce stress and anxiety



ABSENTEEISM

Prevents loss of work, reduction in sick leaves



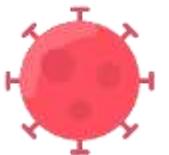
PORTAL

Integrated app and portal for health data and scheduling



COVID-19

Vaccination, contact tracing, testing, and sick visits



Mental Health plays a major role in people's ability to maintain good physical health and affects how one thinks, feels, and acts.



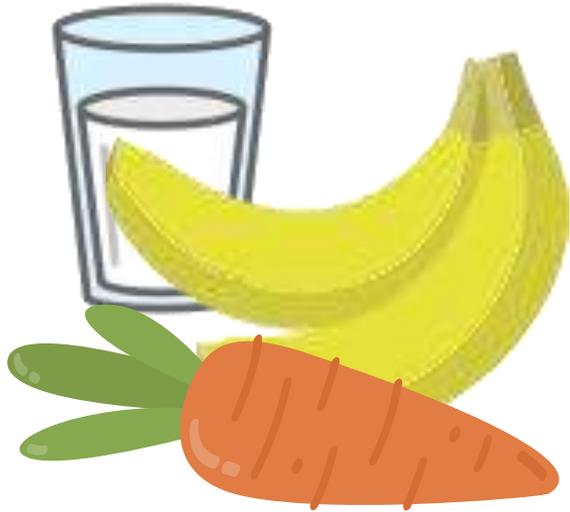
- **Impact**

- **Physical Health** - Affects functional and working capacity
- **Safety** – Increase in workplace accidents
- **High Absenteeism** – Over 1.5 billion work hours lost each year in US due to depression
- **Costs** – Direct, social, unemployment, and other costs

- **Path forward**

- **Promotion** of mental health in workplaces
- **Encourage** & incentivize participation to assess mental health
- **Screening** for underlying mental health conditions
- **Counselling** to wide variety of mental health conditions

Nutrition - Micro and macro nutrients play an important role in fueling and rebuilding the body



- Imbalanced diet
 - 40% of adults in US have obesity that leads to chronic diseases
 - Impacts emotional health
 - Impacts Quality of Life (QoL) while increasing morbidity and mortality
- Path forward
 - **Promotion** in workplaces
 - **Encourage** & incentivize participation
 - Systemic approach to one's nutrition while understanding their physical and emotional health
 - **Costs** – Proven to lower healthcare cost

Operating pillars of Wellness @ Work



Next Steps



1. PLAN

Arrange a meeting to understand the need of each organization



2. REVIEW

Review services, monthly subscription, and tele-medicine fees where applicable.



2. FINALIZE

Finalize contract for providing services. Discuss payroll deductions as appropriate for services not covered under health plan.



4. ORDER

Order equipment and set up as needed



5. GO-LIVE

Establish a go-live target dates for Telemedicine clinic



Founder: Ranjit Dhelaria, MD

Dr Ranjit Dhelaria, MD, MRCP (UK) is an associate professor of Medicine at UNT health Sciences. Dr. Dhelaria received his post graduate training in Internal Medicine at the western campus of Tufts University. He is dual board certified and is a Member of Royal college of Physicians of United Kingdom. Dr. Dhelaria is an established and highly skilled physician with over 15 years of experience and is well regarded in the medical community.

Dr Dhelaria has a very simple philosophy and hence with his unique program which is specifically designed to help small businesses to large corporation to provide access to concierge-level service at a fraction of the cost of health insurance. Wellness at work is designed to address the overall wellbeing of an individual and taking into special consideration their emotional health and nutrition.

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