

Definitions To Help Your Understanding **Wellness Risk Management (WRM)** Help for Worker's Wellness, Cost Free to the Company

1. **Wellness Risk MANAGEMENT:** This program is a personal, online, self-help, WELLNESS IMPROVEMENT program connected to a workshop program designed to fine-tune face-to-face help as needed.
2. Anonymous **MEASUREMENT:** Individuals help themselves by measuring themselves online for **Wellness Risk**. Workers then improve their **Wellness Risk** numbers, on their own and in **WRM** workshops, thereby helping themselves and their company build a stronger workforce to cushion themselves and the company in times of need.
3. **Wellness:** Wellness is defined as multidimensional, self-help, a positive health, a sense of well-being, a more successful existence.
4. **Risk:** Risk means there is the possibility of injury, or damage, or sickness. The higher the risk, the more likely some health issue will arise.
5. **Wellness Risk:** Wellness Risk indicates a person's susceptibility to pain, suffering and a shortened life if they don't follow the science on multidimensional Wellness. This Wellness Risk can be quantified to a percentage.
6. **Self-Help:** Self-Help Wellness is a type of Wellness that does not depend on any products or professional services. A person relies on the knowledge of science and themselves. The end result is for people to use **WRM** on their own as needed.
7. **Wellness Risk MEASUREMENT:** Measurement is online, is thorough and comprehensive providing 38 percentage scores on multidimensional Wellness.
8. **Wellness Risk MANAGEMENT Instructor:** The **WRM** Instructor is a lay person trained in the **Wellness Risk Management Instructor Mandate**. Training is by **Wellness Risk Management Head Office**. The **WRM** Instructor helps people only in Workshops where the Instructor follows Mandate protocols.
9. **Wellness Risk Management Instructor Mandate:** This Mandate in brief, is that Instructors do not give Wellness advice or health advice. Their only job is to help people complete their Action Plan List.
10. **Wellness Risk Management Pilot Project:** The goal of the pilot project is to identify the Wellness interest level in a selected workforce.
11. **Wellness Risk Management Directorship Program:** When sufficient interest is found then the selection and training of an in-house Company **WRM** Instructor is started.

12. **Wellness Risk** Management Director:
 - a. In larger companies a Director would be an instructor who organizes for the need and selection of new **Wellness Risk** Management Instructors in a company.
 - b. In smaller companies there may be only one instructor who would also be the **WRM** Director.
 - c. Eventually there will be geographic directors to direct clients in multiple smaller companies.
 - d. Some smaller companies may share a **WRM** Instructor.
13. **Wellness Risk** Management **Client**: A worker who decides to enrol in the **Wellness Risk** Management program and take the **WRM** online Measurement program on a voluntary, anonymous basis.

Transitioning to a long term **WRM** program

14. Ending the **WRM** Pilot project: When sufficient numbers of workers are enrolled and showing interest in learning Wellness and chronic disease prevention strategies with **WRM**, then the pilot project for that company can end and a permanent long-term program can be established under the direction of the **Wellness Risk** Management Director for that company.
15. **Wellness Risk** Management Head Office:

Among other duties,

 - a. Head Office establishes policy
 - b. Trains new instructors
 - c. Manages certified instructors, (disciplines **WRM** instructors so as to maintain the instructor mandate)
 - d. Selects new companies and organizations to introduce to **Wellness Risk** Management with the goal of helping people help themselves with science-based Wellness and chronic disease prevention strategies

For more definitions please contact us.

We have several other web sites with much more data describing the **WRM** program. Contact us and we will help you depending on what your organisational needs are at the time.

NEXT: 2. <https://lifestylehelp.ca/2-lifestylehelp-ca-introduction-to-wrm.pdf>