

**Introduction to WRM**  
**Wellness Risk Management**

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**By Dr. Victor Jean Ouellette, DC, MS** - Doc 2 of 7 - LifestyleHelp.ca

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Wellness Risk Management is ready to launch its **Follow the Science PILOT Wellness Program**. The goal of this program is to identify the amount of interest a company management team, and workforce, have with regard to Making Wellness a Priority for workers.

My name is Victor Jean Ouellette. I'm beginning a project to identify companies and organizations interested in helping their workers build Wellness and Chronic Disease Prevention Strategies. The Wellness model I use is called Wellness Risk Management which includes a measurement program and a workshop program to help people improve their measured scores.

The website at <https://LifestyleHelp.ca> will help a company begin to evaluate the Wellness Risk Management program.

- This new program is cost free for a company to Enrol.
- A worker will pay a worker enrolment fee for four hours of time to help them measure themselves properly online anonymously, and start off the workshop process.
- The endpoint of this project for a company with sufficient interest is to install a Wellness Risk Management Directorship Program and train an in-house instructor.
- A company with insufficient interest would remain in pilot project mode continuing to help those who have already enrolled.
- A company can terminate a pilot project at any time.

Wellness Self-Help is a difficult subject because people are used to going to the healthcare profession when they feel some need. Self-Help is a key component in the Wellness field. I am offering to help individuals with this missing healthcare link in the Self-Help field. I would be happy to meet with your company and discuss our model.

Dr. Ouellette

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**Transitioning to Wellness Risk Management - Instructor/Coach/Guide**

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**Making Wellness a Priority**  
**Creating Value for Society - Helping Business Manage Wellness**  
**Teaching Evidence Based Wellness**

Previous: 1. <https://lifestylehelp.ca/1-lifestylehelp-ca-definitions-to-help-your-understanding.pdf>  
NEXT: 3. <https://lifestylehelp.ca/3-lifestylehelp-ca-for-ceos-pilor-project.pdf>

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