

LifestyleHelp.ca Why Choose Us

Wellness Risk Management (WRM)

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WRM helps a company build Wellness in their workforce.

By Dr. Victor Jean Ouellette, DC, MS, - Doc 5 of 7 - LifestyleHelp.ca info@lifestylehelp.ca

We provide **Wellness Self-Help** strategies.

People learn how to help themselves.

Wellness Risk Management concepts first took shape in the mid 1970s in Dr. Ouellette's clinical practice and expanded ever since building into a separate Wellness model in the 2015s to 2020s.

When you enrol with **Wellness Risk** Management (WRM):

1. We will spend time helping you measure yourself online anonymously. You will receive 38 numbers profiling your **Wellness Risk**.
2. We will help you with your eight item **Action Plan List** customized specifically for your Wellness needs which were identified by the program.
3. We will help you with any additional Action Plan items you will need help with in the future.
4. Cost for to clients to enrol is not expensive. Cost to companies to enrol is free.
5. We will help you learn the protocols to measure yourself again in the future and complete your new Action Plan List on your own.

Most people need some level of **lifestyle help**. Other people are already fairly healthy but, would like to get a little extra **health amplification**. Other people have lost health and **need lifestyle regeneration**.

Contact Us.

info@lifestylehelp.ca

Make Wellness a Priority

Follow the Science PILOT Program

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