

About Us

Holtyn & Associates provides comprehensive worksite wellness programs to companies that want to improve the health of their employees, increase performance and boost their bottom line.

Specifically, our "One-to-One at the Worksite"™ program makes wellness fun and easy for employees.

We make personal contact. We follow up. We help create a culture of wellness. As a result, our partners enjoy high participation rates and reduced risk, which improves their return on investment.

Founded by Julie and Ken Holtyn in 1987, Holtyn & Associates has received local, state and national recognition for its programs.

For more information, contact:

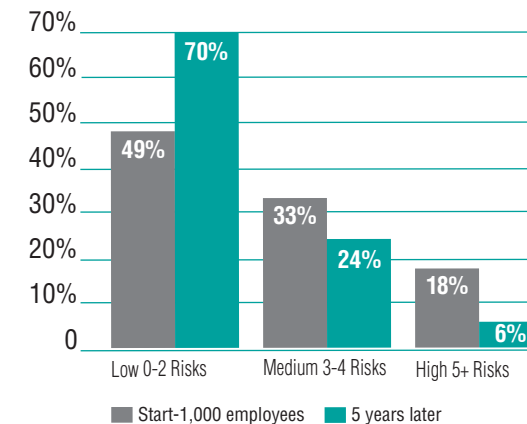
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Awards & Recognition

Holtyn & Associates and its partners have been recognized by the following organizations and media outlets:

- Centers for Disease Control and Prevention
- Michigan House of Representatives Resolution for Contributions to the Health of Citizens
- Michigan Governor's Council on Physical Fitness, Health & Sports
- National Heart, Lung and Blood Institute
- U.S. Department of Health & Human Services
- Substance Abuse and Mental Health Services Administration (SAMHSA) Model Program
- The Greater Lansing Business Monthly
- Ann Arbor Area Business Monthly
- Troy Chamber of Commerce
- American Heart Association
- Detroit Regional Chamber
- Oakland Business Review
- The Health Project
- Kalamazoo Gazette
- Detroit Free Press
- MSNBC

Best Practices Performance Outcomes



Trend in Twelve Lifestyle Health Risks

Aggregate results of four clients including a college, manufacturing and municipality. Results shown are typical for multi-year programs. Behavior change leads to risk reduction, and then risk elimination. Multiple risks geometrically increase health related costs. Measured risks include, poor fitness, high BP, cholesterol ≥ 200 , waist at risk, smoking, elevated glucose, high stress, low coping, depression, high alcohol intake, high fat consumption, low fruit/vegetables/fiber consumption.



Improving wellness one employee at a time

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The Model

Our program uniquely integrates biometric screens with immediate, tailored coaching, cultural development and educational tools.

- Fitness • Blood Pressure • Cholesterol
- Glucose • Weight/Body Mass Index/Waist
- Body Fat % • Stress Level • Nutrition
- Preventive Services

Our Personal Wellness Coaches work with participants individually — in person, over the phone and electronically — and are degreed health professionals in the following fields:

- Medical Social Work • Exercise Physiology
- Health Education • Holistic Health • Nursing
- Psychology • Registered Dietician

I eat healthier and drink water daily. During my follow-up visit with my coach, my oxygen fitness number went up, I lost inches on my waist and my overall numbers improved. I can't wait to have my six-month follow up to see how much healthier I am.

— Custodial Supervisor,
Western Michigan University

I Can Do It!

It's all about empowerment and motivation.

At *Holtyn & Associates*, our highly trained and experienced wellness coaches work privately, one to one with employees. We start with a wellness plan based on taking small steps to help create success for participants, which leads to empowerment and motivation. Empowered, motivated employees create healthier, more productive cultural environments.

It works, too; our program achieves and maintains 75 - 100% participation rates, combined with health risk reduction.

Our participation rate is at 85%, heart disease risk factors have markedly decreased, nutrition and exercise habits have improved and stress has decreased. Our decision to partner with Holtyn & Associates in this excellent wellness program has been one of the best decisions we have ever made. The program has literally changed lives and is creating a culture of wellness within our organization.

— Jo Woods,
Human Resources
Director, Kalamazoo
County Government

Our Key

Our program achieves uncommonly high outcomes.

Through our unique in-person follow-up visits, goal setting, skills training, and re-measuring, supported by secured email, we reconnect with employees throughout the process to keep the momentum going. We also uniquely measure and help to create a supportive culture, which delivers and maintains high participation and reduces health risks.

The coach I'm working with is what I think of as my personal cheerleader. I truly love the fact that Holtyn & Associates is helping me make life changes and that they are not pulling me through this process. They are holding my hand and guiding me through the things that I really want to change, and I am seeing so many changes.

— Program Participant

How It Helps

Did you know lifestyle diseases account for 70% of the nation's medical care costs?

Health risks create demand for more medical interventions, which drives up health costs and lowers the productivity of employees. Onsite Holtyn one-to-one comprehensive programs significantly reduce health risks.

We have had a longstanding relationship with Holtyn & Associates and the One to One program. Our partnership has resulted in Kalamazoo Valley Community College being recognized by the Centers for Disease Control and Prevention as a "Best Practice" worksite wellness model for the nation. In addition, at the start of the program 18% of our employees were without heart disease risk factors. Today, 56% have no heart disease risk factors! We have maintained this low heart disease risk factor status over multiple years. Overall, our health care costs have risen at a significantly slower rate than the national average, and in some years our claims budget has actually decreased.

— Marilyn J. Schlack, President,
Kalamazoo Valley Community College