

CORPORATE WELLNESS. CUSTOMIZED.



Physician Designed + Approved.

ELEVATE YOUR TEAM

WWW.BEOPTIMAL.COM/CORPORATE

WHY CORPORATE?

2 HOLISTIC PHYSICIANS ON A MISSION TO HELP COMPANIES ELEVATE THEIR HEALTH, PERFORMANCE, AND PRODUCTIVITY.



The corporate wellness field is booming. Unfortunately most plans and initiatives aren't successful in the long-term. We're here to change that and support your company to thrive through evidence based methods to increase health and productivity while lowering healthcare costs. We curate individualized wellness programs for companies based on your needs + desires.

MEET THE DOCS

DR. CARI JACOBSON



With over a decade of experience in clinical practice, Dr. Cari is known for her eclectic style of integrative healing modalities and is recognized as a conscious thought leader on women and children's health challenges. To Cari, being a doctor means to first educate, then treat. She is passionate about bringing people to a greater state of balance believing that when we are in balance, we thrive.

Dr. Abby's mission is to empower people to feel and function as their most vibrant selves. With over 10 years of experience in the health + wellness field, she combines her specialties in chiropractic, nutrition, kinesiology and personal fitness training to help people align with what they consciously desire in their career, family and health. She is thrilled to expand her already extensive experience in corporate work to impact the lives of even more people.

DR. ABBY KRAMER



THE PROCESS

STEP BY STEP

STEP 1 | MEET + GREET

We'll meet and extensively go over your companies needs and desires to direct us to successfully implement a wellness plan whether it's short or long term.

STEP 2 | SURVEY EMPLOYEES

This is where the magic happens. We'll curate a short survey for your employees to take, which will help us make a customized plan based on not only the companies needs, but the employees desires. This is crucial to increase employee engagement.

STEP 3 | PROGRAM DESIGN + IMPLEMENTATION

Once the survey results are in, we design your wellness plan, and help you launch into a culture of wellness.

EXAMPLE OFFERINGS

OFFERED ON SITE:

Chiropractic Care

Nutrition Consultations

Wellness Workshops

Health Challenges

Wellness Screens

Meditation Classes

Light Therapy

Stress Relief Practices

Acupuncture

Fitness Classes

Physical Exams

Yoga

Wellness Retreats

NEXT STEPS

TALK TO US

beoptimalcorporate@gmail.com

www.beoptimal.com/corporate

