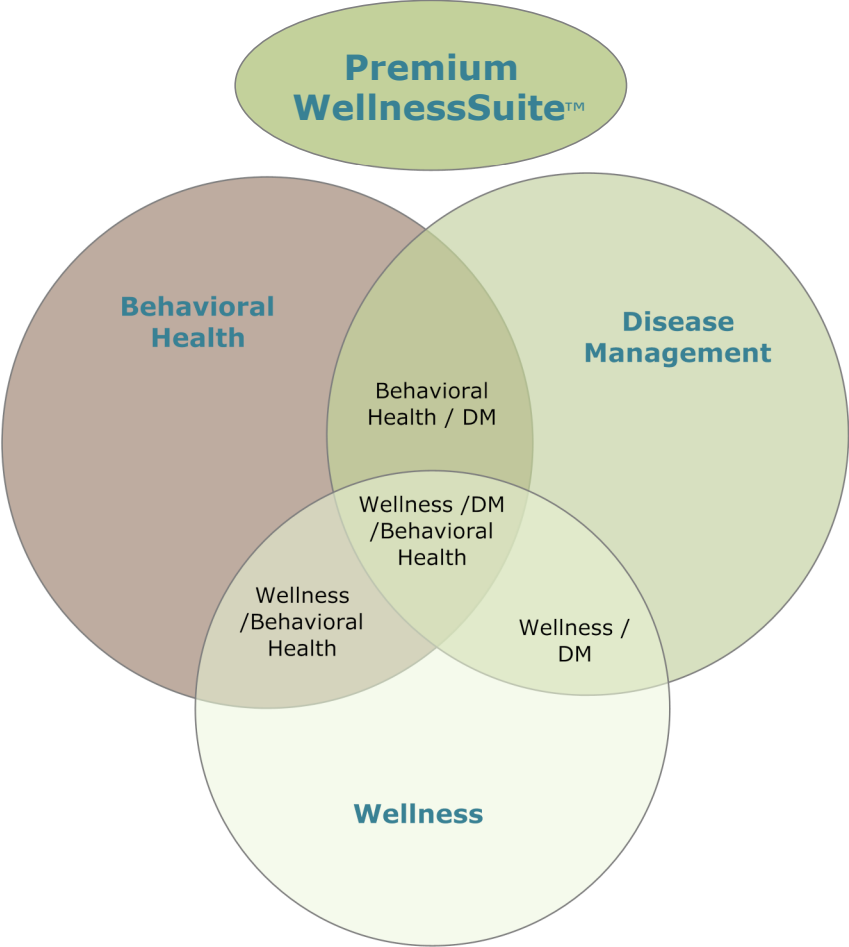


My Healthy Lifestyle®



Did you know?

Employers will soon be able to claim a tax exemptions for sponsoring a qualified wellness program?

Most Employees surveyed reported that they feel uncomfortable divulging personal information at work?

Employers that offer wellness programs have immediate ROI in the first year?

What is your current wellness program is delivering on ROI?

What Wellness Solutions will work best for your employee population?

Free Consultations

One-size-fits-all wellness programs do not effectively serve your employee population.

My Healthy Lifestyle® Premium WellnessSuite™ is designed to effectively span across employee populations and provide individual attention and focus to care for the specific needs of the individual.

Our wellness solutions are easy to implement, centrally administered, professionally managed and modestly priced without skimping on the important parts: *YOUR EMPLOYEES.*



National Health Services
800-628-5407
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