



Your Health & Safety Resource!



100's of streaming videos and resources to greatly enhance your company's current health and safety practices.



The Gameplan for Living web platform has a familiar feeling and ease of use. It has been referred to as "The Netflix for Health & Safety!"

Gameplan for Living Highlights

- **Weekly Spark e-mails to leadership that include timely information** AND include a link directly to the platform login page. These are designed to provide a periodic “tap on the shoulder” to keep the leadership team engaged and promote usage.
- **Monthly Newsletter to leadership** focusing on seasonal topics, tips on using the system, healthy recipes and other timely information.
- **Regularly scheduled leadership webinars** to provide tips for getting the most out of the system and offer an opportunity to address questions.
- **The platform contains more than a dozen, full-length, commercial quality employee injury prevention training videos.** This allows a company to show employees injury prevention videos on a regular basis and show a new/different one each time. These videos alone retail for several thousand dollars.
- **The majority of videos are 90 seconds to 3 minutes in length, making them easy to use on a regular basis, even with a busy schedule.** There are currently more than 250 videos on more than a dozen different health/safety topics.
- **The site is continuously evolving.** New content and content experts are added regularly. We regularly solicit feedback from members to identify topics and content experts they'd like to see on the site.
- **A separate portion of the site is available to employees and their families.** Topics include a variety of health and safety topics.
- **The leadership team has immediate access** to platform usage statistics for the company.
- **Complete programs that include:** Stretching and Warm-up, The Energized Approach (Employee Engagement Strategies), Gameplan for Aging (strategies for the aging employee population) and specific programs for bus drivers, truck drivers and EMT workers.

There is a fundamental difference between Gameplan for Living and standard “training” programs. One of the primary goals of trainings is to achieve compliance. The Gameplan is a COACHING tool and the primary goal is to influence behaviors and company culture in a positive way. The Gameplan for Living gives the entire leadership team the tools and resources to COACH employees effectively on a variety of topics that will reduce injuries and ultimately drive down costs.

**For More Information or To Get Signed Up:
Go to www.MeridianHSN.com or Call 1-888-898-4907**