

WELCOME TO



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

Your Health & Safety Resource!

The Gameplan for Living has a “familiar feeling” and ease of use - It has been referred to as “The Netflix for Health & Safety!”

What Is The Gameplan for Living Health & Safety Resource?

The Gameplan for Living is an online membership *coaching* platform that provides company leadership and managers with critical health, safety, and injury prevention resources. Safety training achieves compliance, but *consistent coaching influences behaviors*. Our powerful coaching system gives your leadership team an abundance of time-tested tools to drive safe behaviors. Hundreds of streaming videos are easily accessible on the platform for any type of health and safety training including start up meetings, toolbox talks, new hire orientations, wellness programs, and educational purposes. *We also offer a separate area of the platform for general employee use.*

Gameplan for Living Most Popular Content:

- Award-winning full length employee training videos
- *The Energized Approach to Safety and Leadership*
- *Physical Readiness* complete stretch and warm-up routines
- *The Gameplan for Aging* video seminars & book
- *Athlete System* Interactive Health & Safety Programs for truck drivers, bus drivers, EMS workers and general industry
- *Leadership - Coaching Your Team*
- *ZERO Accidents and Injuries*
- Drug-Free Workplace Solutions
- Safety and Injury Prevention
- Back Injury Prevention
- Motivation & Engagement
- Mental Wellness
- Ergonomics
- Lifestyle Management
- Employee Handouts
- ...and much more!



Drug-Free Workplace Solutions



Complete Stretching and Warm-up Routines



Manage the Aging Process and Live Well



Powerful Leadership and Engagement Strategies

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

ADDITIONAL member BENEFITS

- Weekly “Spark” Engagement Emails
- A Growing Number of Content Experts
- Quarterly Educational Webinar Training
- Monthly Health & Safety Newsletters
- Spark Email & Web Platform Analytics
- Separate Employee Resource Area

Weekly “Spark” Engagement Emails

The Gameplan for Living is a system in which the “Spark” emails work in conjunction with the web platform, pulling **member-only content** directly from the platform and plugging it into the Spark emails **weekly**. When members open their emails they are actually viewing content directly from the platform - **without even having to log in!** The Spark emails are intended for leadership and managers.

A Growing Number of Content Experts

The Gameplan for Living is always growing! We already have content from well-known health and safety experts such as **Mark Everest, Michael Melnik, Christine Clearwater, Bob McCall, Sharon Engdahl and more**, but we will always continue to add new content experts, professional speakers, and other health and safety resources.

Quarterly Webinar Training

The Gameplan for Living is excited to offer members quarterly educational webinar training so they can take advantage of the **FULL POTENTIAL** that the platform offers. **Topics Include:** *Implementation of Drug Policies and Procedures* by Christine Clearwater; *Launch and Utilization of the Physical Readiness System* by Mark Everest; *Effective Safety Training* by Michael Melnik; *Nuts and Bolts of Energizing Your Company* by Michael Melnik.

Monthly Health & Safety Newsletters

Our monthly health & safety newsletters are definitely a member favorite! They provide members with *timely, relevant and engaging content* and tips to help individuals make health and safety part of their everyday life. **The newsletters are provided in a PDF printable format, making them a value-added publication to share within organizations.** The newsletter will be emailed monthly to all members and also posted on the Gameplan for Living web platform.

Web Platform Analytics

Log in analytics from *The Gameplan for Living Health & Safety Resource* web platform are available upon request.

Separate Employee Resource Area

The Gameplan for Living offers a separate area where you can direct employees to view content pertinent to them as well! Topics include wellness information, nutrition, exercise, healthy lifestyle, back care, office ergonomics, and more!



The Gameplan for Living is offering Meridian clients a rate of \$1,295.00/year per location.
Discounts available for clients with multiple locations.

VIDEO LIBRARY AND RESOURCES FROM EXPERTS

Give your team the latest information on health, safety, and loss prevention with our growing video library & resources from content experts.