



*Interra Health™* builds customized health care solutions to address the specific needs of your company.

Our programs are designed to encompass the entire care spectrum spanning from risk detection to risk resolution. At *Interra Health™* we strongly believe that risk detection and targeted follow-up programs are the key to improving personal health and therefore are the foundation for controlling health care costs.

To modify behavior it is critical to create a positive environment with external reinforcement. To accomplish this goal *Interra Health™* offers a variety of low level and active interventions and programs that enable us to integrate and tailor appropriate wellness initiatives for your company.

**-CONTACT US-**

**(866) 814-1016**

[rsuycott@interrahealth.com](mailto:rsuycott@interrahealth.com)

[www.interrahealth.com](http://www.interrahealth.com)

## *Services Offered*

### **Wellness Program Components**

- Custom HRAs
- Fitness Testing
- Blood Profile
- Health Coaching
- Educational Seminars
- Smoking Cessation
- Lifestyle Management
- Incentive Programs

### **Onsite Providers**

- Medical Doctors
- Nurse Practitioners
- Chiropractors
- Physical Therapists
- Registered Nurses
- Health Coaches
- Occupational Therapists
- Massage Therapists
- Registered Dieticians

### **Areas of Intervention**

- Preventative Care
- Primary Care
- Occupational Health
- Urgent Care
- Laboratory