

WorkWell, a division of Nebraska Safety Council, provides wellness resources to organizations to help employees achieve optimal wellbeing. By unifying safety and wellness, we provide an integrated approach to achieving positive outcomes for employers and employees.

Health Coaching

Our health coaching aims to guide your employees along their wellness journey by encouraging individual accountability and empowerment for long-term and sustainable success.

- Overcome Barriers and Find Motivators
- Conquer Ambivalence
- Set SMART Goals and Define Action Steps
- Find Support Partners
- Know the Facts

Points Tracker

Our points tracker allows you to provide a points-based wellness incentive program.

- Create a program where you assign points to healthy activities such as health screening completion and participation in wellness events
- Cuts down on administrative time by documenting who is earning points with specific activities
- Customizable reports available



MyVia combines health coaching and points tracker, along with other wellness feature, in a tailored, easy-to-use platform. It is a great way to start or grow a workplace wellness program by implementing total wellbeing initiatives. Listed below are a few of the additional features available:

Employee Log-In Features

- Ability to Edit Profile
- Health Risk Status View
- Health Screening Sign Up
- Biometric History View
- PAR-Q Completion (Fitness Readiness Assessment)
- Tobacco Affidavit Completion
- View Company Wellness Policies and Health Plan Criteria
- Health Coaching Session Sign Up
- Health Coaching Session Completion Status
- Health Coaching Session Overview
- My Messages (Direct to Health Coaches)
- Physician Report
- Points Tracking Including Form Upload

Company Log-In Features

- Upload Wellness Policies and Health Plan Criteria
- Health Coaching Scheduler
- Health Coaching Session Completion Report
- Health Screening Scheduler
- PAR-Q Report

For more information or if you have any questions contact:

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