



# MICHAEL ANDERSON

## Wellness Program Manager

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### SUMMARY

Dynamic and results-oriented Senior Wellness Coordinator with a robust background in developing and implementing comprehensive wellness programs tailored to meet diverse organizational needs. Expertise includes strategic planning, program evaluation, and fostering a culture of health and well-being within corporate environments. Proven track record in enhancing employee engagement and productivity through innovative wellness initiatives.

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### WORK EXPERIENCE

#### Wellness Program Manager HealthFirst Corporation

Jan 2023 - Present

- Developed and managed a multi-faceted wellness program that increased employee participation by 40% within the first year.
- Implemented health risk assessments and biometric screenings to identify employee health trends.
- Collaborated with HR to integrate wellness initiatives into the company's overall employee engagement strategy.
- Facilitated workshops and seminars on nutrition, fitness, and mental well-being.
- Utilized analytics tools to assess program impact and report outcomes to senior leadership.
- Established partnerships with local health organizations to enhance resources available to employees.

#### Health Promotion Specialist WellnessWorks Inc.

Jan 2020 - Dec 2022

- Conducted comprehensive health assessments and developed targeted wellness interventions.
  - Designed promotional materials and campaigns to enhance awareness of wellness resources.
  - Monitored program participation and adjusted initiatives based on feedback and participation rates.
  - Organized community health events that attracted over 500 participants annually.
  - Trained and mentored junior staff on best practices in health promotion.
  - Engaged in continuous professional development to stay abreast of emerging trends in wellness.
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### EDUCATION

#### Master of Public Health, University of Health Sciences

Sep 2019 - Oct 2020

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### ADDITIONAL INFORMATION

- **Technical Skills:** Program Development, Health Promotion, Data Analysis, Employee Engagement, Strategic Planning, Workshop Facilitation
- **Awards/Activities:** Awarded 'Wellness Program of the Year' by the National Wellness Institute in 2020.
- **Awards/Activities:** Increased employee satisfaction scores related to wellness initiatives by 35%.
- **Awards/Activities:** Successfully reduced healthcare costs by 20% through proactive health management strategies.
- **Languages:** English, Spanish, French