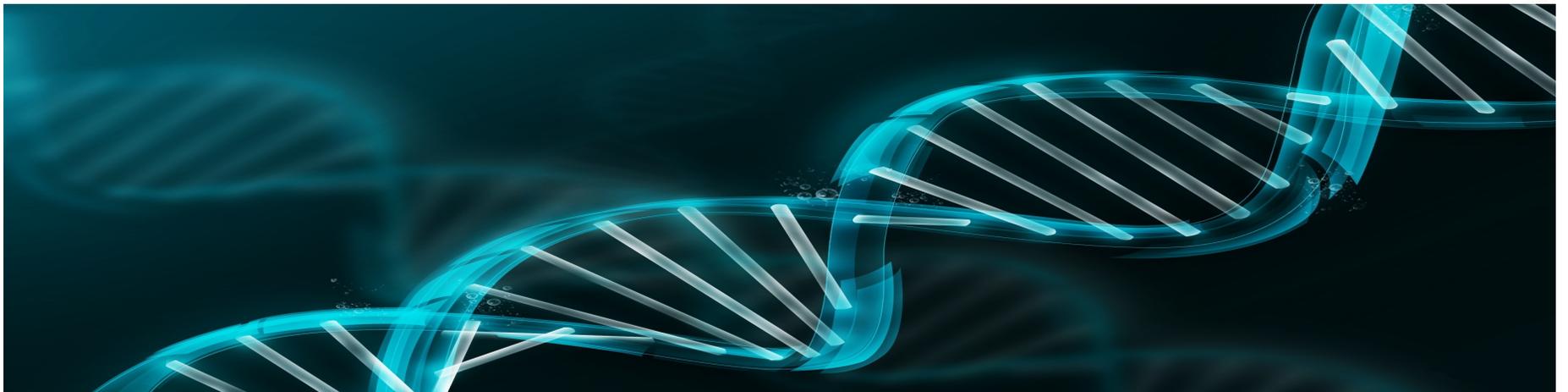


NIM  
Corporate Health Programs





# 360° *integrated healthcare solutions*

## Nordic Integrative Medicine

**C**orporations who invest in the health and wellbeing of employees receive long-term economic benefits.

Workplace stress and depression is not only a threat to the health and wellbeing of employees, it also has a negative impact on business.

According to Bravewell Collaborative research, preventative measures focusing on strategies that support health and wellness, such as those found in integrative medicine programs, are successfully decreasing health care costs and suggest a

potential long-term economic benefit to corporations because of the decrease in employee "sick days."

**Our aim is to provide stress resilience, rejuvenation, clarity of mind and high performance.** The characteristics of good mental and physical health include strong resilience to stress, constructive coping skills, and a balanced work/life schedule that includes the ability to feel creative, be productive at work and lead an enjoyable, sustainable and flourishing life.

## **NIM** Corporate Health Programs optimize stress resilience and nutritional awareness, which prevent depression and increase work productivity.

Our intensive lifestyle-change interventional health programs adhere to the principles of Integrative Medicine (IM) that integrate integrative medicine doctor consultations, health coaching, certified yoga therapy (CYT) stress resilience exercises, environmental health evaluations, and nutritional wellness modulation plans designed specifically for chronic diseases and the alleviation of associative chronic depression, stress and pain.

### **MindfulBody™ Preventative Health Assessment**

Valuable tools for health analysis are the evaluation of a comprehensive employee health history form, deeper one-to-one consultations, extensive blood testings as well as and cardiac stress tests as needed. These assessments, evaluated by Integrative Medical Doctors and coordinated by Health Coaches trained in positive psychology, provide valuable insight into the health of an individual and can provide signs of current or future health problems. Participants receive valuable preventative information regarding

possible health implications (if any) that help create personalized health plans.

### **MindfulBody™ Stress Resilience**

Yoga, Meditation and Breathwork are some of the safest and most effective ways to manage stress, relieve pain, regain and maintain health, and attain peace of mind. As stress levels decrease, digestion improves, sleep becomes deeper, productivity improves, and the calmness of body leads to calmness of mind, which prevents reactive decision-making and promotes conscious decision-making that is vital for optimal corporate health and healthful employee work/life balance.

### **MindfulBody™ Nutritional Awareness**

A healthy digestion is an important factor for a strong, resilient immune system. Lifestyle factors such as stress, nutrient deficiencies, food intolerances, stimulants, parasites and a lack of digestive enzymes weaken the immune system. Strengthening employee immune defenses through nutritional awareness is preventative medicine that strengthens the overall health of the corporation.



Investing in the health and wellbeing of people provides long-term economic and socio-ecological sustainability.

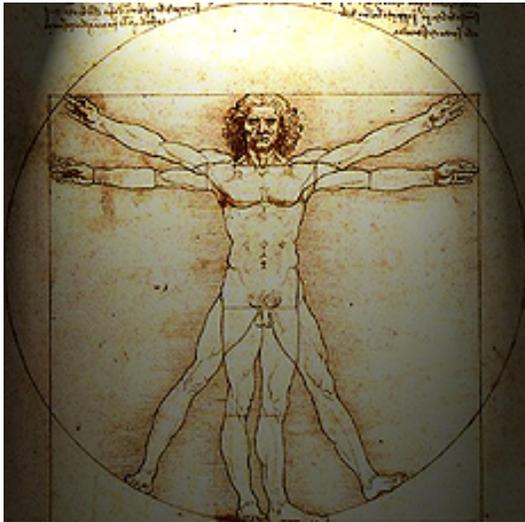
The Bravewell Collaborative



## Nordic Integrative Medicine

Nordic Integrative Medicine provides optimal integrative healthcare solutions and empowers the employee to act on their own health and disease prevention. We use scientific evidence-based approaches that combine conventional and complementary medicine. All factors that influence health, wellness, and disease are taken into consideration including physiological, psychological and environmental as well as work and family dynamics.

**Good health starts with good science.** It is inquiry-driven and open to new paradigms. Nordic Integrative Medicine utilizes practical and innovative research models that evaluate systems of care and investigate the interaction of multiple health influences.



## **NIM Corporate Healthcare Team**

The NIM Corporate Healthcare Team is a cohesive and compassionate group of integrative medicine doctors, health coaches, yoga therapists, and nutritional therapists who work together multi-dimensionally, addressing and nurturing the biopsychosocial, existential, cultural and environmental dimensions of each individual.

### **Nordic Integrative Medical Doctors**

The Nordic Integrative Medical Doctors conduct preventative health assessments and give medical feedback at an individual level. Our medical doctors ensure that all



employees are given the best chance to improve their health and create the best action plan for personalized lifestyle transformation

### **Nordic Integrative Health Coaches**

The Nordic Integrative Health Coach is an advocate for the employee's optimal health who consults with the MDs and complementary health professionals. Our health coaches are positive psychologists (MAPP) who coordinate care, discuss the benefits and results from the program, and construct sustainable action plans for the employee's health and wellbeing that continues after the end of the program.

### **Nordic Integrative Yoga Therapists**

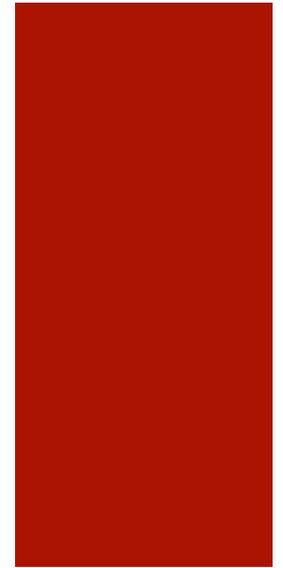
The Nordic Integrative Yoga



Alliance and/or the International Association of Yoga Therapists assuring safe, personalized yoga therapies especially designed for 3 risk groups: low, moderate and high that focus on breathwork, deep relaxation, movement, meditation and active imagery.

### **Nordic Integrative Nutritional Therapist**

The Nordic Integrative Nutritional Therapist empowers the employee through individual guidance and group workshops that provide knowledge on how to obtain optimal health through their diet. The Nutritional Coaches apply the principals of functional medicine and evidence-based nutritional research.





## Nordic Integrative Medicine

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