



On Site • Everywhere

What is a “Bona Fide” Wellness Program?

By Jo Steinberg

President of Midland Health

Are you looking for a "bona fide" wellness program?

Are you interested in having your employees pay for their health care based on their lifestyle choices?

Midland Health has the answers! Midland offers HIPAA compliant total wellness solutions.

We start with your choice of health risk appraisal, identify your company's greatest risks, give you a selection of choices to make improvements and stay within your budget.

In order for your program to be "bona fide" you must provide avenues for your employees to improve their health. We offer a "hands on" corporate wellness. We are not just another high tech computer software program. Our experienced health care professionals perform on site biometric testing and blood draws, conduct coaching and educational programs face to face or individually counsel your employees over the phone. We can even help you create an on site gym or set up an in house clinic.

No matter if you have 25 or 10,000 plus employees, we are able to keep your company HIPAA compliant and help you control your health care costs.

We are Midland Health, on site – everywhere!

Jo A. Steinberg

President and Owner, Midland Health

Jo is an experienced medical professional who has expanded her knowledge and passion for healthcare into a number of successful businesses as well as achievements in wellness product design since 1976. She has been in the corporate wellness field since 1988.

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