

# CAPABILITY STATEMENT

## Living Well 4 Life

*"Empowering Health. Elevating Workplaces"*



### NAICS CODES

- 621399 – OFFICES OF ALL OTHER MISC. HEALTH PRACTITIONERS
- 611710 – EDUCATIONAL SUPPORT SERVICES
- 624190 – OTHER INDIVIDUAL & FAMILY SERVICES
- 541612 – HUMAN RESOURCES CONSULTING SERVICES

### ABOUT US

**LIVING WELL 4 LIFE, LLC** IS A SERVICE-DISABLED VETERAN-OWNED SMALL BUSINESS (SDVOSB) SPECIALIZING IN HOLISTIC WELLNESS CONSULTING COMMITTED TO TRANSFORMING WORKPLACE WELL-BEING FROM THE INSIDE OUT. THROUGH INTEGRATIVE HEALTH COACHING, WELLNESS EDUCATION, AND ORGANIZATIONAL SUPPORT, WE HELP EMPLOYEES BUILD HEALTHIER LIFESTYLES THAT IMPROVE ENERGY, RESILIENCE, AND OVERALL QUALITY OF LIFE. OUR APPROACH BRIDGES CLINICAL INSIGHT WITH WHOLE-PERSON WELLNESS TO CREATE MEANINGFUL AND LASTING CHANGE FOR INDIVIDUALS AND TEAMS.

### COMPANY OVERVIEW

- **COMPANY NAME:** LIVING WELL 4 LIFE, LLC
- **OWNER:** REKISHIA L. MCMILLAN, PHD, MSW, CINHC
- **ADDRESS:** 405 DAFFODIL DRIVE JACKSON, NJ 08527
- **PHONE:** (732) 966-5809
- **WEBSITE:** WWW.LIVING-WELL-4-LIFE.COM
- **CAGE CODE:** 6ZJA6
- **UNIQUE ENTITY ID:** S7EKE4LCTBW9
- **EIN:** 46-1633652
- **SYSTEM FOR AWARD MNGT (SAM):** ACTIVE & CURRENT
- **FEDERAL CERTIFICATION:** SDVOSB
- **STATE CERTIFICATIONS:** VETERAN OWNED BUSINESS, MWBE, DISABLED VETERAN OWNED BUSINESS

### DIFFERENTIATORS

- 20 YRS OF CLINICAL + HOLISTIC EXPERTISE
- 12-MONTH ROLLING ENROLLMENT FOR CONTINUOUS PARTICIPATION
- DIGITAL HEALTH APP TRACKING: HBA1C, WAIST, BP, WEIGHT, HABITS, RECIPES & WELLNESS CONTENT
- REAL-TIME PROGRESS DASHBOARDS FOR COACHING & HR INSIGHTS
- HSA/FSA BENEFITS ACCEPTED
- MONETARY INCENTIVES AVAILABLE PER ENROLLED EMPLOYEE
- OPTIONAL FAITH-BASED WELLNESS INTEGRATION
- PROVEN, MULTI-SECTOR PERFORMANCE

### CORE COMPETENCIES

- EMPLOYEE WELLNESS PROGRAM DEVELOPMENT
- INTEGRATIVE HEALTH & LIFESTYLE COACHING
- CORPORATE WELLNESS WORKSHOPS & TRAININGS
- HEALTH RISK ASSESSMENTS & DATA REVIEW
- LEADERSHIP & HR WELLNESS CONSULTING



**LIVING WELL 4 LIFE, LLC**

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