
WELLNESS SCIENCE, LLC



**Does your
wellness
program need
its health
evaluated?**

WHAT IS WELLNESS SCIENCE, LLC?

Wellness Science, LLC is a research & consultancy company dedicated to applying rigorous scientific and clinical methods to the mobile health & wellness industry. The founders of Wellness Science boast advanced experience in behavioral economics, behavioral health, research methodology, and exercise science. Wellness Science, LLC focuses on the development of mobile health solutions, the implementation of integrated wellness design and evaluation services, and the interpretation of behavioral and exercise data. Wellness Science provides a detailed examination of the effectiveness of wellness programming, the integration of employee incentive design, communication and motivation technologies, and wellness program implementation.



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WHAT SERVICES DOES WELLNESS SCIENCE, LLC PROVIDE?

MOBILE HEALTH SOLUTIONS:

Helathbucks, developed by Wellness Science, LLC, is a mobile and web-based platform used to easily and seamlessly motivate workers and gain insights on employee health behaviors. The system is designed to work comfortably on any smartphone, making communication and data gathering efficient and portable. *Healthbucks* provides automation, communication, and is designed to deliver immediate cash incentives in support of wellness achievements.

INTEGRATED WELLNESS PROGRAM DESIGN SERVICES AND EVALUATION SERVICES:

Wellness Science, LLC works closely with human resources administrators to design program offerings (lifestyle management, fitness, mental health and wellness) that are specific to employee needs and preferences. Wellness Science, LLC uses modifiable evaluative instruments to allow for a close examination of the individual-level effectiveness of employers' wellness initiatives.

BEHAVIORAL AND EXERCISE SCIENCE DATA:

Wellness Science, LLC employs rigorous scientific methodology, data collection, and high-level statistical analysis in the areas of mobile health technologies and corporate wellness. Wellness Science provides comprehensive insights on both the workforce and individual employee level.

WHO IS WELLNESS SCIENCE, LLC?

Wellness Science staff is well-versed in program effectiveness and outcomes, with an end goal of proving cost-effective solutions for corporate wellness initiatives and technologies

Zohn Rosen Ph.D., is an Experimental Psychologist who serves as CEO. Zohn has an extensive background in behavioral health and healthcare related research, having secured millions of dollars of research funding for programs in cancer research, addiction medicine, behavioral health, and social epidemiology.



Zohn Rosen, Ph.D

David Spierer, Ed.D., is an Exercise Physiologist who serves as the President of the Division of Human Performance and Physiology and COO. David has taught in the areas of physical health, wellness, exercise science, and clinical physiology for almost two decades and has conducted research on a range of wellness-



David K. Spierer, Ed.D

Leib Litman, Ph.D. is an Experimental Psychologist who serves as the President of the Division of Human Behavior and Statistics and CSO. Leib has a high-level expertise in advanced statistical analysis techniques, and methods for assessing human behavior.



Leib Litman, Ph.D



Wellness Science, LLC produces peer-reviewed scientific papers that back our approach, the technologies involved, effectiveness of behavior change, and eventually, the cost-effectiveness of the system.

Recently Published Reports

- An exploration on how exercise applications function to change behavior: **Mobile Exercise Apps and Increased Leisure Time Exercise Activity: A Moderated Mediation Analysis of the Role of Self-Efficacy and Barriers**
 - ❖ Journal of Internet Medical Research, 2015; 17: (8), e-195, 1-15.
- A study on the effectiveness of the telemetric (remote) collection and monitoring of physiological data: **Validation of Photoplethysmography as a method to detect heart rate during rest and exercise**
 - ❖ J of Med Eng Technol, 2015; 39:(5), 264-271.