

# Corporate Wellness

An opportunity to set your company apart, while saving you resources.

## Here's The Facts

\$3 trillion will be spent on healthcare in the United States this year.

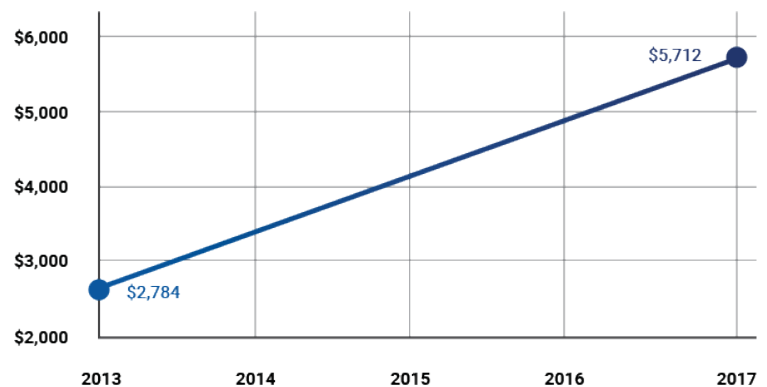
### What does this mean for you?

Approximately 56% of Americans continue to receive their health insurance coverage through an employer-based plan.<sup>1</sup>

The Affordable Care Act (ACA) is prompting most medium-to-large employers to re-evaluate their health and benefits plans.

In 2016, employers contributed an average of 83% of employee premiums and 71% for family coverage.<sup>2</sup>

Average individual healthcare premiums more than doubled from \$2,784 in 2013 to \$5,712 in 2017- an increase of 105%.<sup>3</sup>



1 Gallup, 2017 | 2 Kaiser Family Foundation Survey, 2016 | 3 hhs.gov, 2017

**Companies with a wellness program see an average deduction of 26% in health costs, 30% in workers compensation & disability claims, and a 28% in sick days.**

Increases Productivity



Builds Teamwork



Promotes Healthy Living



# Here's How We Can Help

We can help keep your employees healthy and save your resources.

Let us keep your employees—and your business-- healthy.

Medical costs fall about \$3.27 and absentee day costs fall about \$2.37 for every dollar spent on wellness programs.<sup>1</sup>

1 Baicker, K., Cutler, D., and Song, Z. (2010). Workplace wellness programs can generate savings. Health Affairs 29(2): 304-311. (p. 12)

In today's business world, wellness and fitness are not just benefits, they are competitive advantages.

Promote wellness by encouraging exercise and other healthy practices.  
Studies prove you'll experience:

- Healthier employees with higher productivity
- Reduced employee healthcare expenses
- Lower rate of absenteeism
- Improved employee retention
- Decreased workers' compensation claims
- Improved psychological and emotional well-being

## We Make A Healthy Team

Partner with us to create a healthier bottom line, one employee at a time.  
When people thrive, businesses thrive.

Your company and employees will thank us.

Your Company will benefit by:

- Reduced employee healthcare expenses
  - Lower Rate of absenteeism
  - Improved employee retention
- Decreased workers' compensation claims

Your Employees will benefit by:

- Better overall health
- Improved psychological and emotional well-being
- Reduced membership fees
- Free personal training and nurse assessments every 6 weeks