

# Make a commitment to the health of your company.



## Invest in the health of your employees. Implement a Corporate Wellness Program.

Many companies spend significant resources to recruit, train, motivate and retain employees. Your employees are among your greatest assets and are vital to your operations.

By offering an easy to follow corporate wellness program, you can help your employees improve their overall health and wellness while helping ensure your employee resources are there and healthy when you need them.

Healthy employees equate to reduced sick time, lower healthcare costs and increased loyalty for your company.

**Make a healthy investment today with the KCH Health and Wellness Center Program.**

**Looking for ways to reduce your company's healthcare costs?**

**Give your employees a plan for wellness.**



## The Plan

The KCH Health and Wellness Center Program is a lifestyle management program that helps participants reduce their risk for heart attack, stroke, high cholesterol, diabetes and hypertension. This program can help employees improve their overall health, fitness level and well-being by achieving and maintaining a proper weight, practicing good nutrition and exercising regularly and properly. Participants are introduced to scientifically-based behavior modification techniques in the areas of:

- Nutrition
- Physical activity
- Stress management
- Weight management
- Smoking cessation
- Metabolic syndrome
- Diabetes management

## How Does It Work?

After your company enrolls in the program, each of your employees complete a Personal Wellness Profile (PWP), have lab work done and body measurements taken. Once completed, a letter notifies the participant of any risk factors. If the participant is at risk, he/she may opt to complete any of the self-help programs over the course of the plan year. Low risk, moderate risk and high risk programs are available.

## Participation and Confidentiality

Once your company enrolls in the program, employee participation is voluntary and individual results are confidential. Corporate outcome results are provided to the company as well as individually to the participant.

## Your Investment

As the employer, your investment in the program entitles your participants access for one year to:

- Recommendations based on their Personal Wellness Profile for goals and an action plan
- Choice of self-help programs
- Discounted KCH Health & Wellness Center fitness memberships
- Lifestyle coach
- Weekly wellness tip e-mails
- Program accountability
- A detailed report with results

Also available for an additional cost:

- Lunch and learn educational sessions
- One year individualized mentored programs
- Personal trainers
- PC on-line trainer
- Individualized nutrition counseling

**Start your company on the road to wellness. Call the KCH Health and Wellness Center at 574-372-7890 to get started today.**