

Corporate Wellness Statistics

According to the *North Carolina Medical Journal*, 65% of American adults are considered obese. This figure is closely related to the rise in insurance premiums for both employees and employers. In fact, over the past five years, employees are paying 64% more in healthcare costs and employers are paying 78% more.

Rising insurance costs notwithstanding, obesity results in much higher absenteeism over employees of average weight; between 3 and 7 days depending on the extent of obesity.

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personalized fitness 4 all

Enter Wellness

Many companies are now looking to wellness programs to help fight ever-rising insurance rates. It is estimated that over 80% of companies with over 50 employees offer some type of wellness program. Some examples are as follows:

- Du Pont's wellness program resulted in \$1.42 in savings for every \$1 invested.
- Providence Health Care had a 28% reduction in the use of its health care plan after starting a "wellness challenge."
- At Berk-Tec, a manufacturing plant employing 1,000 people, a wellness program reduced health care costs – in one year – by 18%.
- A city in California offered classes and fitness training in an attempt to reduce employee back problems. Worker's comp claims went down, and so did medical costs and sick days related to back injuries.



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Employing Health and Wellness

By all accounts obesity in America is skyrocketing; correspondingly, so are health care costs. Many businesses are implementing wellness programs in hopes of combating this problem. **wellness4one** offers low-cost, comprehensive fitness training and nutrition tools for your employees. Let us help focus your corporate efforts on making your work environment supportive to healthy behavior by providing employees with every opportunity to be fit.

With **wellness4one**, each of your employees receive individualized fitness programs and dietary tracking. Specifically, **wellness4one** offers the following:

- Preliminary online health screening to determine possible risk cases.
- Cardiovascular, muscular strength and body composition evaluation.
- Customized fitness program designer based on user evaluations, needs and goals.
- **wellness4one Virtual Trainer** that dynamically generates new workouts based on past workouts and future goals.

- Custom calorie tracking to help with planning meals and adjusting to physical activity levels.
- Extensive reporting features to provide detailed motivational feedback.
- Email access to certified personal trainers for general fitness advice.
- **wellness4one Challenge** creates friendly competition and motivation where employees lose weight and get in shape.

wellness4one is designed to work with employees to increase their physical activity while reducing their caloric intake. The result: healthier employees.

Reduce healthcare costs and absenteeism while increasing productivity and morale with services from **wellness4one**.

Contact sales@wellness4one.com for more information on our products and services.