



Wellness Programs

There are many aspects to Wellness. In its truest form wellness is an organized program intended to guide employees in making behavior changes that will reduce their health risks, decrease absenteeism and enhance their overall productivity.

In today's atmosphere of increased health care costs and stress, it is important for companies to recognize the benefits of implementing a wellness program. There are a wide array of programs and services that companies can choose from such as: *Newsletters, On-site screenings, Corporate fitness discounts, Employee assistance programs, NurseLines, Health fairs* and much more.

While employers cannot control their employees' behavior, they can provide education, motivation and incentives that encourage behavior change.

For more information on some of the wellness avenues your company can take, please contact us.

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