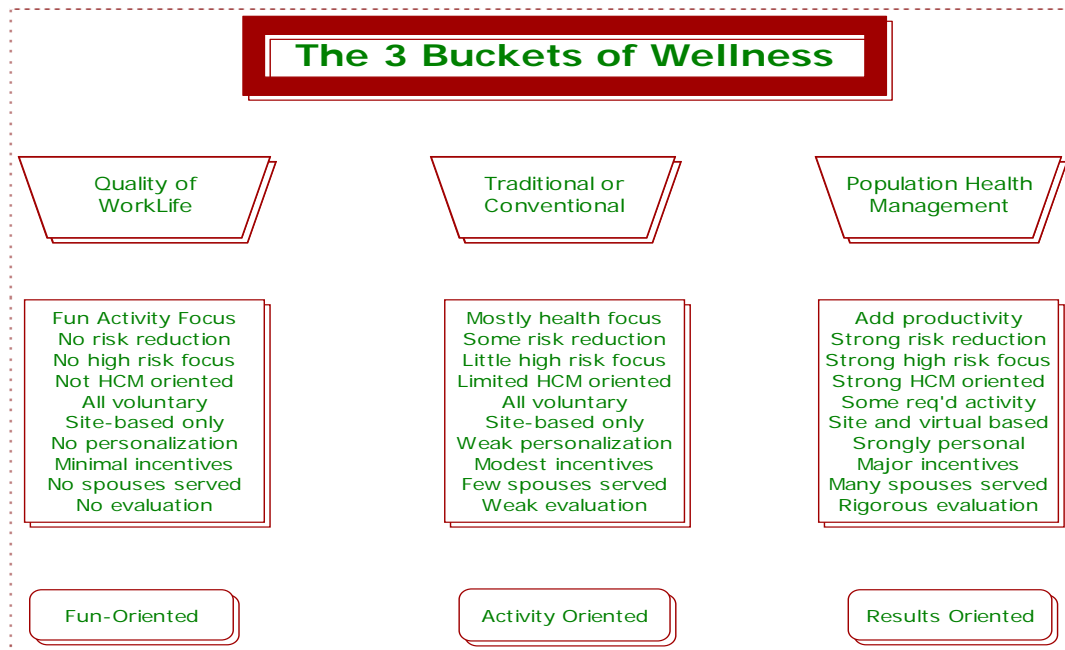


# The Three Buckets of Wellness



Have you experienced another 30 percent rate increase on your company's health insurance premiums? If you're like most organizations, you know that at least half of your employees either don't exercise or eat unhealthy foods. They aren't well, and they are constantly seeing the doctor and filling prescriptions. This is **the root cause of your premium increases**. So what do you do?

You've heard a lot about wellness programs in the news. What are they? Where do you find out about them? Do you have the time to offer one? How much do they cost? How would it fit into your organization? Would your employees even participate? Let's answer these questions by looking at the **Three Buckets of Wellness**.



Each program has benefits based on the results you wish to achieve. **What do you want your wellness program to accomplish?** Good morale and a team spirit? A healthier, productive workforce? Behavior changes that reduce health risks?

The costs associated with each program can range from free (possibly through your current health insurance carrier) to \$100 per employee per year. Participation can range from 15% of your workforce to 90% based on incentives and communication plans.

To implement the program that will be most successful for your workforce, **call an expert!** Deenie Robertson, CWPC, has helped businesses small and large choose, implement and promote the wellness program with the best fit for their culture. Call 907-277-1616 for a free one-hour consultation appointment to help your business get on the road to wellness.