

What we can do for you...

## *Our Services*

### Health Screenings

- Basic Health Appraisals
- Cholesterol Screening & Education
- Diabetes Testing
- Blood Pressure Monitoring
- PSA Screening

### Vaccines

- Hepatitis
- Flu
- TB Screening & Vaccinations
- Pneumonia Immunization

### Physical

- Exercise Programs
- Back Injury Prevention
- Massage Therapy
- Relaxation & Stretching Techniques

### Nutrition

- Nutritional Education
- Weight Management & Maintenance

### Training Classes

- CPR
- First Aid
- Safety & Ergonomic Evaluation & Training
- External Defibrillator Classes

### Counseling

- Stress in the Workplace
- Smoking Cessation
- Coping without Smoking in the Workplace
- Personal Crisis
- Substance Abuse

### Professional Development

- Stress Management
- Organizational Skills

...and more

## Healthy Ventures Offers Customized Wellness Programs

*Tailored for you*

We work with you and your employees to develop a comprehensive, "hands-on" program that fits the health needs of your company. Healthy Ventures believes it's important for employees to take charge of their own health. We can custom design an interactive wellness program that gives your workers a sense of responsibility and control over their well being, while offering on-site support.

## How Much Will Your Company Save?

*Financial Sense*

For every \$150.00 a company spends on employee health prevention... there's a savings of \$300 to \$450 per employee, per year! That translates to annual savings of up to \$45,000 for a company with 100 employees.

All studies on work-site wellness show a direct correlation of increased productivity, reduced absenteeism, and savings in employee replacement costs.

\* Research available upon request.

For a Healthy Company — Contact,



**HEALTHY VENTURES**

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**HEALTHY VENTURES**



*Health  
Improves  
Productivity*

*Helping protect your company's most valuable asset*

*...your employee!*



## Unhealthy Workers Impact a Company's Financial Health

### *The Hard Facts*

- \$117 Billion – Cost of obesity on the American economy
- \$157 Billion – Economic toll from smoking
- \$95 Billion – Lost productivity due to job stress (up to 90% of all doctor visits are stress related!)
- \$5,440 – Amount, on average, a company spends per employee each year for health care and prescription coverage (projected to increase 11% annually!)

These are very sobering figures, and they're expected to only increase over time

But, there is some encouraging news. In recent years, many established American Corporations have seen these numbers go down drastically after starting a wellness program.

## Wellness Programs Really Work

### *Positive Results*

#### Absenteeism & Turnover

- General Mills saw company absenteeism drop 14%
- General Electric's absenteeism reduced by 45%.
- Guindon and Associates study found turnover drops 30%

#### Medical Costs

- Prudential Insurance disability days were 20% lower
- Prudential's annual medical costs fell 46%
- Providence General Medical Center study found per capita workers' comp costs dropped 83%

#### Job Stress

- Physical activity reduced symptoms of stress
- Stress reduction programs dramatically reduce alcohol abuse
- Job satisfaction and productivity increase by infusing humor and fun in the workplace

(CDC, U.S. Surgeon General)

All of this data makes it very clear that your company needs employees who are happy and healthy in order to be more productive.

## What Exactly is a Wellness Program?

### *Healthy Living*

Simply put, it's a preventative health care program aimed at getting your employees to be more healthy and keeping them that way. Everybody wins when your workers are living healthier lives. There are fewer medical claims, absenteeism goes down, productivity goes up and your company in the long run saves thousands of dollars each year on health care costs.

## How Does it Work?

### *The Process*

Healthy Ventures works with a team of health professionals — from Physicians and RN's to Certified Instructors.

First, our team visits your place of business to evaluate the overall physical well being of your employees. A comprehensive test is administered to determine problems that need to be addressed.

Armed with valuable information about what needs to be done to get healthier, employees are then empowered to improve their own health.

Finally, the Healthy Ventures team assists and monitors workers with a custom designed program that may include exercise programs, nutritional information, smoking cessation and improved job site safety training.

