

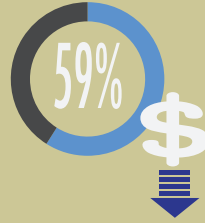
The Benefits of Wellness Programs

Your company will benefit from implementing the simple, cost-effective **SuccessFit4Life!™** Workplace Wellness Program.

DUE TO HIGHER HEALTH CARE COSTS, PROACTIVE APPROACHES TO EMPLOYEE WELLNESS ARE NOW COST-EFFECTIVE AND NECESSARY



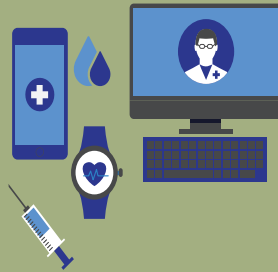
1/4 of health care costs are attributed to **changeable health risks**, such as tobacco use, diet, and lack of exercise.



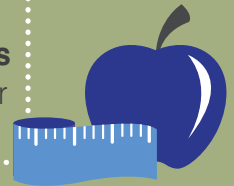
Wellness programs help curb health care costs, and **59%** of companies agree that **wellness programs can help reduce these costs.**

EMPLOYEES RECOGNIZE THAT THEY NEED TO TAKE AN ACTIVE ROLE IN WORKPLACE WELLNESS

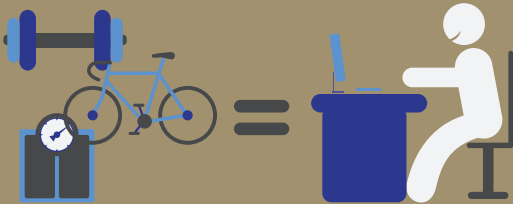
28% of employees said they would **feel more satisfied and more loyal** to their employer if their company **offered more options** to improve their health and lifestyle.



35% of employees were willing to **change their lifestyle habits** if it meant they could lower their health insurance premiums.



EMPLOYEE SATISFACTION LINKED TO WELLNESS PROGRAMS



Employees who are offered wellness programs and participate in them are more likely to have a **higher level of job satisfaction**, feel happier with their employer, and **be more satisfied** with their overall benefits.

ENGAGING EMPLOYEE PARTICIPATION THROUGH INCENTIVES

69% of employees would **participate** in wellness programs if provided by their employer.



FINANCIAL BENEFITS OF IMPLEMENTING WELLNESS PROGRAMS

A comprehensive analysis of 42 published studies showed that companies that implemented an **effective wellness program** realized significant **cost reductions** and **financial gains**:



Source: The Institute for HealthCare Consumerism