

Corporate Wellness at a Glance

Companies with workplace wellness programs are improving employee health, decreasing absenteeism and saving money. Find out how an employee wellness plan can help!

Did you know...

A workplace wellness program can help counteract rising health care costs that take a significant bite out of corporate profits?

According to Center for Prevention and Health Services, nearly 60% of an employers' after-tax profits are spent on employee health benefits. And, an estimated 25%-30% of these medical costs are spent on employees with excess health risk (smokers, overweight employees, sedentary workplace culture, etc). Poor employee health not only costs the company more in health care benefits, but it also affects employee job satisfaction, absenteeism and turnover.

Send us an email at info@optimumfitnessomaha.com for more information.

You have the power to drastically increase your company's profits!

How? By detecting risk factors in your workplace and addressing them through a comprehensive workplace wellness program, your company can drastically impact the percentage of after-tax profits that are spent on employee health care. In fact, **studies show workplace wellness programs have achieved a rate of return on investment ranging from \$3 to \$35 for each dollar invested with savings realized within 12 to 18 months!** Wow! Can you image what type of impact that could have on your bottom line?

And, if dramatic savings wasn't reason enough, additional benefits of a workplace wellness program include:

- **Reduce absenteeism:** It has been shown healthier employees spend fewer days away from work due to illness, saving the company thousands, even millions, of dollars on down time and temporary employment. Additionally, because good health typically carries over into better family choices, your employees could possibly miss less work caring for sick family members.
- **Control Increasing Health Care Costs:** Today, employers have a vested interest in health-related issues and reducing unnecessary medical costs that consume corporate profits and employee paychecks. For many companies, medical costs can consume half of corporate profits...or more! According to a 2005 survey by *The Art of Health Promotion*, companies who instituted employee health and wellness programs realized a 30% reduction in medical and absenteeism costs in less than four years.
- **Improve Productivity:** While it is not as easily measured as the increase in health care costs, improved employee morale and productivity plays a big role in the success of a company or business.
- **Improve Presenteeism:** Presenteeism is a new phenomenon occurring when employees are at work but do not feel as productive as usual due to stress, depression, injury or illness.
- **Reduce Injuries:** Healthy employees with less risk factors are at a lower risk for injury than those unhealthy employees with more risk factors. Classes are a popular means of trying to prevent injury, including exercise classes, smoking cessation courses, back care programs and stress management

lectures. More examples of workplace wellness programs / courses include health education classes, subsidized use of fitness facilities; internal policies that promote healthy behavior and any other activity, policy or environmental change that affect the health of an employee.

- **Improve Employee Morale and Retention:** Employee turnover is expensive and an employee wellness program is an added benefit to encourage employee retention. Company sponsored workplace wellness programs send a clear message to employees that management values their well-being.

So what exactly is a workplace wellness program?

Workplace wellness programs often include:

- Prevention through education
- Physical activity promotion
- Stress management/reduction
- Early detection/screening
- Nutrition education
- Weight management
- Disease prevention

We can help!

We don't believe in the "one size fits all" philosophy. That's why we take time to learn about your company and your employees needs and work with you to build custom workplace wellness programs that get **REAL** results.

Examples of programs we offer include:

- "Fit in Lunch" Lectures (Topics like weight management, nutrition, starting fitness programs, etc... the possibilities are endless!)
- Fitness and Nutrition Challenges and Programs
 - Team Building Retreats
- Wellness Expo Planning and Execution
 - Prescreening for diseases
- Customized Corporate Health and Wellness Initiatives
- Onsite Fitness Classes

We know we can help your company achieve your goals and realize **REAL** results. But don't take our word for it.. read what our corporate wellness partners are saying about us!

- Gordmans Testimonial

Gordmans has been working with Optimum Fitness for a year and a half now. Sherrie and Patrick have been absolutely wonderful to work with. They are always very thorough and organized in everything they do. It has been a joy to work with them in many different aspects of fitness and nutrition. They have provided our company with equipment orientations, fitness classes, a Personal Trainer kick-off session, golf swing analysis, and one-on-one Personal Training with our employees.

The Personal Trainers at Optimum Fitness are the highest caliber around. They are very professional, but also have the talent to make a workout fun! They challenge the employees to reach their goals, all while making the whole process of losing weight and toning their muscles an enjoyable experience, rather than making it feel like a chore. Kudos to the Personal Trainers at Optimum Fitness!

Sherrie is always willing to provide you with any information you need. She is constantly learning new things, so that her clients have the most up-to-date information. Sherrie and Patrick are also very enthusiastic about how and what they teach others about fitness, exercise, and nutrition and it shines through in everything they do. Gordmans is definitely a satisfied customer! Thanks for everything!

- Kathleen Conrad - Wellness Coordinator

- First National Testimonial

Optimum Fitness is an invaluable corporate partner. The Bank's wellness initiatives have been taken to a new level through our work with Optimum Fitness. All of the trainers are experts in their field and all are highly motivating. Sometimes when you work with multiple trainers, employees tend to gravitate towards one or another. That is not the case with Optimum Fitness, our employees receive high level of service with every trainer and motivation doesn't skip a beat.

- Kelly Parr - Wellness and Work/Life Coordinator

- Werner Enterprises Testimonial

Optimum Fitness has brought a level of excitement into our office that we can't even begin to explain. The instructors have helped encourage and motivate our associates to live a healthier lifestyle and push themselves beyond expectations. We have had a wonderful experience working with Sherrie to coordinate our class times and class schedule - she has always been just a phone call away if we have any concerns or questions. The instructors have been great to work with too - they all have very positive attitudes and motivating spirits - their goal is to constantly keep our associates intrigued and captivated with their training. I have only heard positive comments from our associates and we feel so lucky to be working with such a great company. Thank you Optimum for working so hard to make our Werner team happy and healthy!

- Lyndsie L. Vacanti - Wellness Manager