

WHY SHOULD YOUR BUSINESS INVEST IN THE HEALTH AND WELL-BEING OF ITS WORKERS?



If you improve the health and well being of your employees:

- Quality of life improves
- Healthcare utilization is reduced
- Disability is controlled
- Productivity is enhanced

By empowering employees to take control of and responsibility for their health, wellness management can positively impact your employees' health status and your financial bottom line.



Business concerns about healthcare:

- 20% of the most unhealthy individuals account for 80% of healthcare costs. Most of this cost is directly attributable to behaviors that can be modified or managed.
- The United States spent \$2.1 trillion in healthcare in 2006—\$7,092 for every man, woman, and child.
- Employers pay more than one-third of these costs.
- Health expenditure growth trends are expected to average about 7% per year through 2015.



Why should employers remain in the game?

- From 2000 to 2004 the vast majority of more than 122 research studies indicated positive clinical and cost outcomes.
- For each dollar invested, about:
 - \$4.00 saved in health costs
 - \$5.00 saved by reducing absenteeism
- Focusing only on increasing physical activity, improving nutrition and preventing smoking would produce a ROI > 5/1

Please contact us at 804-378-0605 or www.lsewellness.com for a consultation on your organization's health promotion needs. Thank you for considering LSE Health & Wellness.

WORKERS' HEALTH AND SAFETY IMPACTS THEIR PRODUCTIVITY— AND PRODUCTIVITY IMPACTS ORGANIZATIONAL PERFORMANCE, ECONOMICS, AND COMPETITIVENESS.

Worksite Health and Wellness Solutions

For you...and your employees. LSE Health & Wellness provides customized products and services to enrich the lifestyle and well-being of the people we serve and positively impact the economics and productivity of the employer. Our client list includes county government, as well as hospital, corporate and manufacturing sites. We offer more than 25 years of comprehensive health promotion experience in:

- Customized Wellness Programs (web-based or worksite)
- Comprehensive and convenient health screenings
- Health Risk Assessments in multiple formats
- Fitness center design and professional management

Wellness programs

LSE's wellness programs are designed to promote health awareness, education, and strategies to improve their lifestyles. Our health coaches provide the guidance and support required to make lifestyle changes that reduce risk factors. The program is based on a readiness-to-change model and focuses on high cost/high risk behaviors. Modules include weight management, physical activity, nutrition, stress management, prevention, challenges, and incentive programs. You choose which format is best for your employees: online or on site.

Health screenings

An effective way to control medical costs is to identify and help those employees who are most at risk for disease or disability by helping your high-risk population manage their risk factors. Many expensive and time-consuming medical problems can be minimized or avoided. Clinical indicators including total cholesterol, HDL, LDL, glucose, BMI, weight and blood pressure are utilized to identify at-risk individuals.

On site health screenings can identify those with high health risks and sort others into low and moderate risk categories. This means you could target effectively and use your financial resources more wisely. Our on site nurses and educators are immediately available to provide health education related to the individual's results.

Health risk assessments

To evaluate an individual's health status, health risk assessment (HRA) questionnaires provide a look at personal health history, family medical history, and lifestyle habits. In addition to the health screening information, we provide a confidential report to the individual and group reports to the client organization. On-the-spot results and feedback are provided to each participant. The HRA is available on-line and in paper version.

Fitness center management

LSE can provide expert planning, design, and management both before and after you build your fitness center. From planning and design to building consultation and staffing, our fitness professionals have the expertise you need.

We provide:

- Space planning
- Facilities operation
- Fitness programming
- Equipment selection
- Staff hiring and training
- Wellness programming

Our fitness staff is qualified to deliver all of our internally developed health programs, so you can incorporate fitness initiatives into broader corporate health promotion efforts

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