



Improving The Health Of Your Workforce Without A Financial Investment

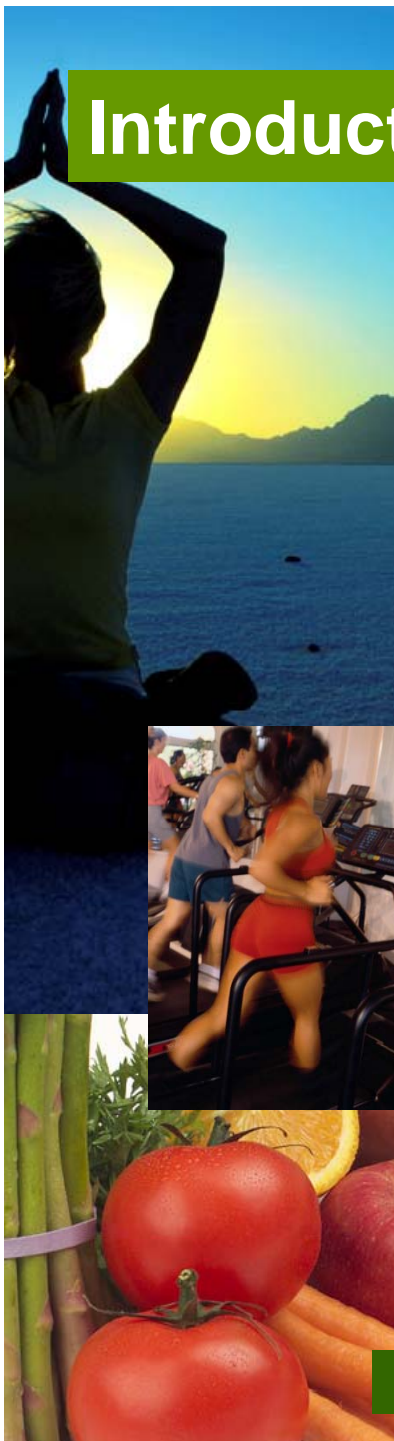


Overview Of Membership Benefits For Employers

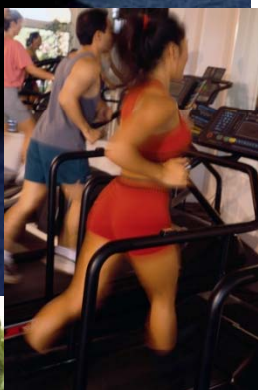


Introduction To The Wellness Chamber

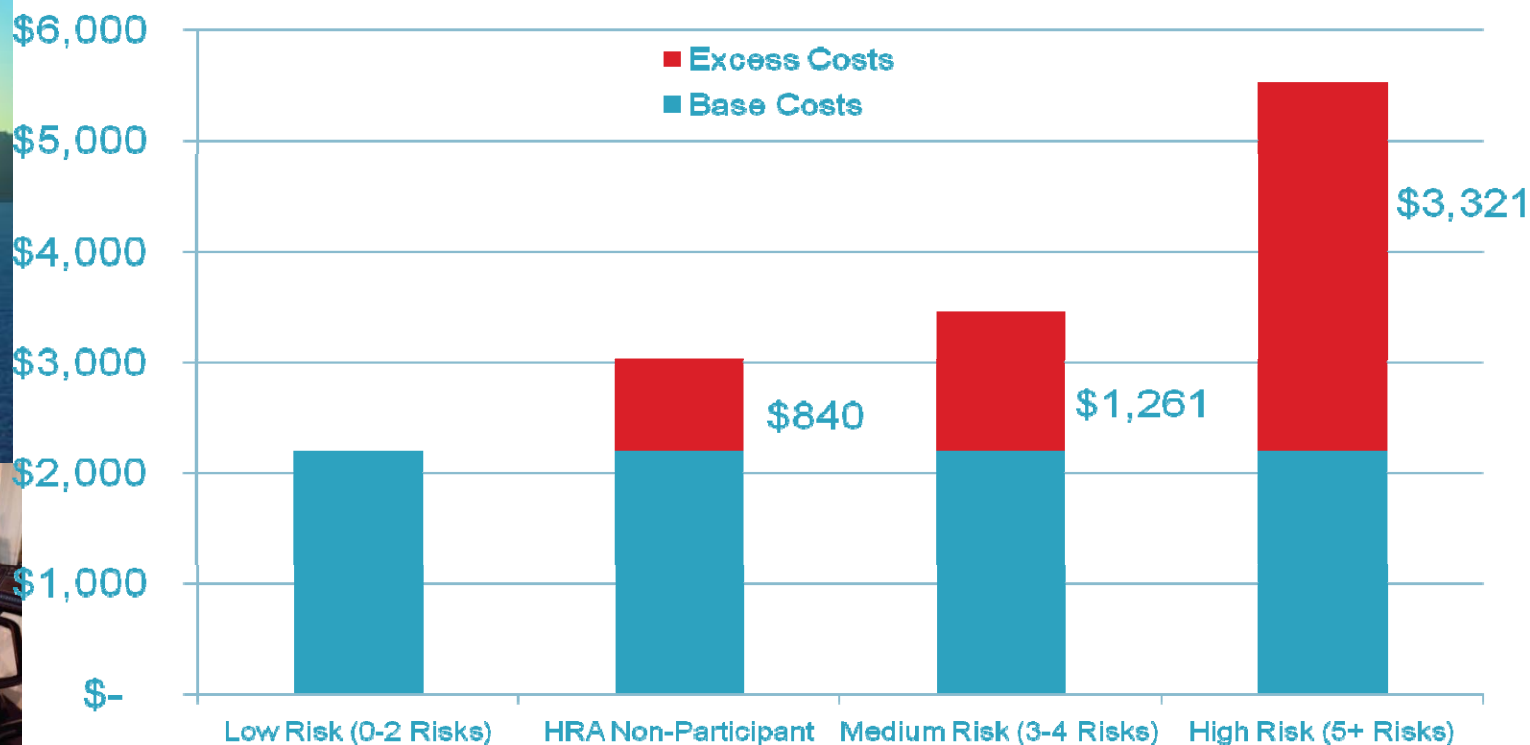
- ▶ Began in 1999
- ▶ Formed to assist employers in the identification and mitigation of employees' behavioral and lifestyle risks which drive cost to employer
- ▶ Work with employers (single and multi-location) of all sizes and industries nationally including:
 - School districts
 - Cities/counties
 - Service organizations
 - Manufacturers
 - Distribution and transportation companies
 - Non-profits
 - And just about every other type of employer/organization!
- ▶ Our programming has been implemented by 1,000+ employers



A Holistic View On Health & Wellness



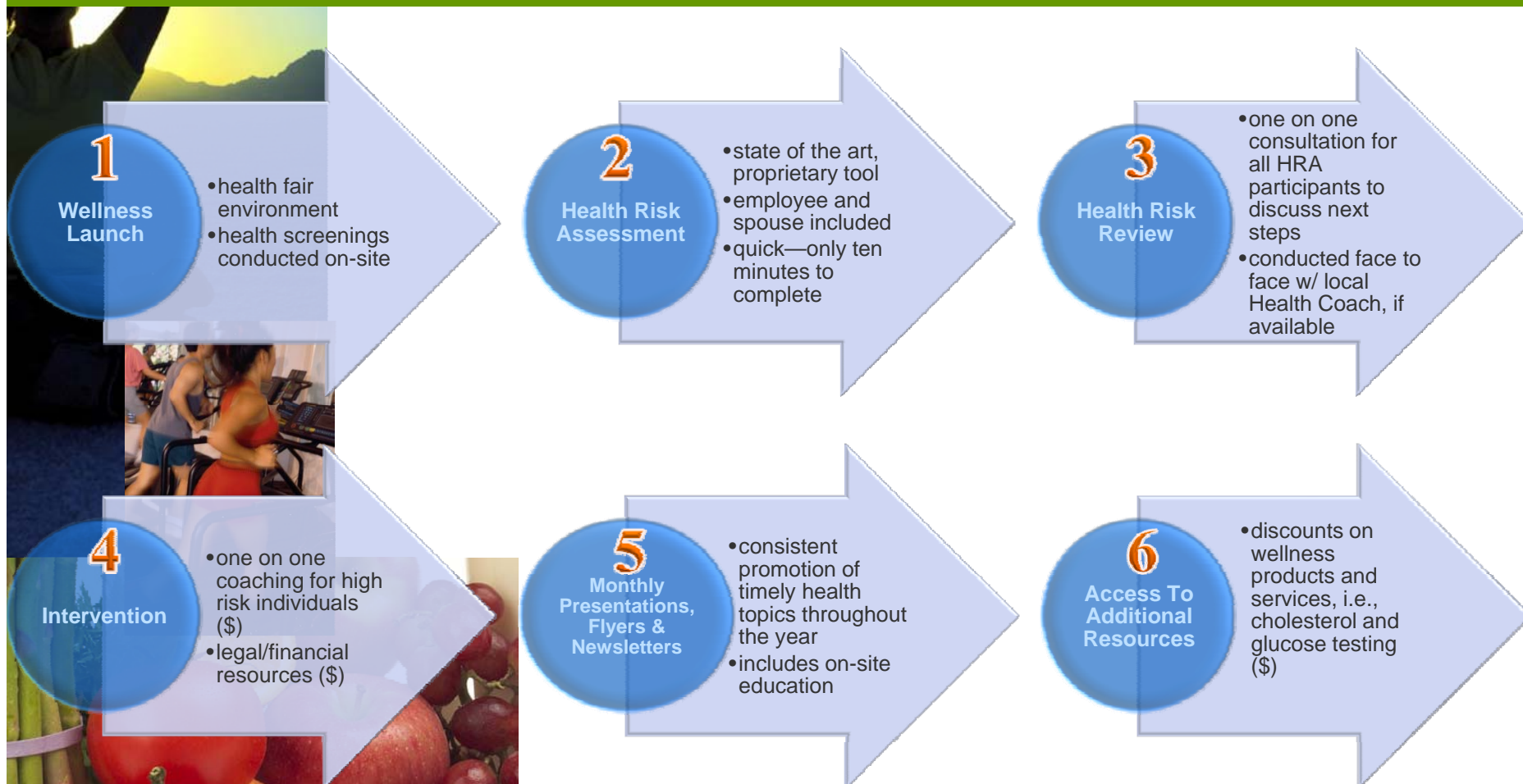
Why Wellness Now? Risk Drives Cost!



- How much is employee risk costing you in lost productivity, increased absenteeism, and excess claims cost?
- If you aren't measuring it, you can't manage it!



Employer-Based Membership Includes A Complimentary Wellness Program



\$ = optional service, fees not included in complimentary wellness program

Monthly Wellness Workshops

2009 Wellness Calendar

1 **January 2009**
Monthly Topic:
Weight Management

2 **February 2009**
Monthly Topic:
Heart Health

3 **March 2009**
Monthly Topic:
Eating For Health

4 **April 2009**
Monthly Topic:
Cancer Prevention

5 **May 2009**
Monthly Topic:
Better Sleep

6 **June 2009**
Monthly Topic:
Personal Finance

7 **July 2009**
Monthly Topic:
Happiness

8 **August 2009**
Monthly Topic:
Healthy Aging

9 **September 2009**
Monthly Topic:
Fruit & Vegetable Month

10 **October 2009**
Monthly Topic:
Preventing ID Theft

11 **November 2009**
Monthly Topic:
Diabetes Prevention

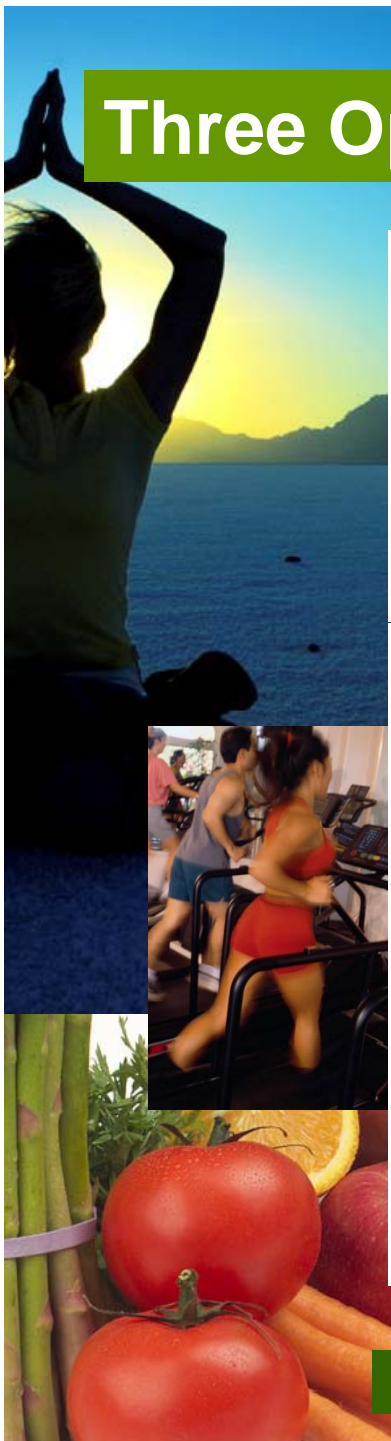
12 **December 2009**
Monthly Topic:
Stress

Monthly education to maintain
top of mind awareness.



Three Optional Components

- ▶ Rather than push the cost to employers, employees have the option to participate in additional services to improve their wellness/reduce their risk on a payroll deducted basis.
- ▶ Three optional components include:
 - Pre-Paid Wellness
 - An innovative and effective behavioral modification program that incorporates a local health coach who works with enrolled employees.
 - Pre-Paid Legal
 - A very effective program assisting employees in dealing with life's issues that increase absenteeism and reduce productivity.
 - Expanded Bio-Metrics
 - Options include Cholesterol, Glucose, etc.



Logistics Of Implementation

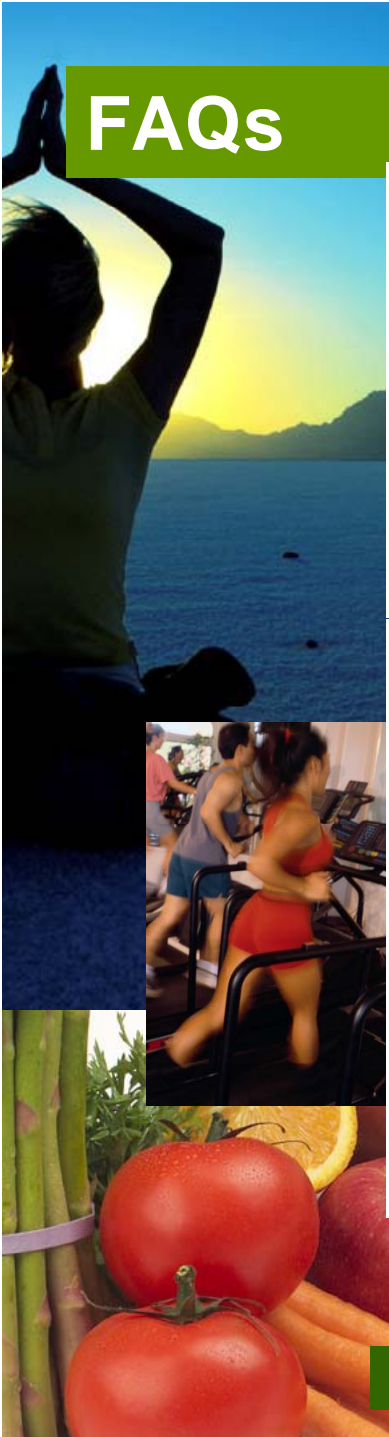
- ▶ Employers join the US Wellness Chamber
- ▶ An experienced Risk Management Consultant will have a complimentary consultation with you to identify goals, incentives, timeline, etc.
- ▶ Wellness Launch will be held at your location
 - 45 minute session to kick-off program, complete HRAs, etc.
 - Includes enrollment of voluntary, payroll deduction options
 - Multiple sessions can be held to accommodate different shifts/locations without charge
- ▶ You'll receive your aggregate report identifying employee populations' risks
- ▶ Monthly Wellness Workshops held on-site
 - 30 minutes per Workshop
 - Multiple sessions can be held to accommodate different shifts/locations without charge





FAQs

- ▶ What if my employees aren't interested?
 - We average 97% employee participation when employers follow our best practices developed through 100's of implementations.
- ▶ How can there be no cost to the employer?
 - Through grants, we are able to offer your first year's membership at no cost with no obligation thereafter if you follow our best practices.
 - If you elect to not follow best practices, the \$495 Chamber Membership Fee applies.
- ▶ What's the cost to employees?
 - None, unless they elect to participate in an optional, fee-based component—PPW, PPL, or expanded bio-metrics.
- ▶ Is there a minimum employee participation for the optional, fee-based, payroll deduction programs?
 - No. However, we average over 50% employee participation in the optional, fee-based programs.





Contact Information

For questions about Chamber Membership or to schedule a face to face or web meeting to determine if we are a good fit, please contact me:

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United States Wellness Chamber of Commerce

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