



Wellness at Work

August 2009
Volume 3 Issue 8

Healthsync, 330 N. Evergreen Rd Suite 2, Louisville, KY 40243
Healthsync@bellsouth.net (502) 244-6176

HANDLING STRESS: MIND OVER MATTER

INSIDE THIS ISSUE

- 1 Handling Stress
- 2 Health Insurance Premium
- 3 Starting a Company Wellness Program
- 3 Health Fact

Understanding stress and finding effective ways to deal with it is important for your health-both emotional and physical- and for your ability to effectively parent or being a good mate.

Utilize some of the following strategies to help reduce stress:

- Make time for your hobbies and interest.
- Set limits and decline invitations or opportunities that would create more stress in your life.
- Delineate chores for each member of the household.
- Maintain a positive attitude.
- Learn and practice relaxation techniques
- Eat a well-balanced diet, get enough sleep, drink plenty of water and exercise.
- Learn effective time management techniques.
- Seek out social supports by finding a friend or mentor who will lend a listening ear.

“Find a psychologist or other mental health professional trained in stress management to learn the healthiest ways of coping with stress.”

HEALTH INSURANCE PREMIUMS

“Research shows that regular physical activity decreases the risk of depression, colon cancer, breast cancer, pancreatic cancer, anxiety, sleep problems, obesity, dementia, back and knee pain, and constipation.”

Employee and companies health insurance premiums are increasing every year! These are high costs for both individuals and companies and points out that the healthcare system needs to put more emphasis on preventing disease and enhancing health rather than just paying medical bills for health problems that could have been prevented. The primary cost of healthcare is from chronic disease. Research shows that most of these diseases are preventable by living a healthy lifestyle. High healthcare costs will not come down until everyone takes personal responsibility for their own health and wellness. You will never be sorry you invested. For example:

The Nurses' Health Study showed that up to 90% of type 2 diabetes is caused from unhealthy lifestyles (obesity, inactivity, poor diet, and smoking).

The Chicago Heart Study showed that up to 70-80% of heart disease is caused by poor health habits (obesity, inactivity, poor diet, and smoking)

The American Cancer society estimates that the majority of cancers are caused from unhealthy lifestyle (smoking, obesity, inactivity and poor diet).

A study on high blood pressure, sponsored by the National Institutes of Health, showed that over 70% of people taking blood pressure medication for high blood pressure were able to stop their medication and control their high blood pressure without medicine by making these same healthy lifestyle changes.

Continue on Page 3

For More Information on company wellness programs and how they may help your company, contact **Healthsync** today.

Healthsync
330 N. Evergreen Rd.
Louisville, KY 40243
(502) 244-6176

Wellness at Work Pays Off

The average company that implements a wellness program sees a 4 to 1 return on investment. When companies add the increased productivity and decreased absenteeism, they often save more than \$500 per employee per year. Companies who are seeing 15% to 20% increases in health related costs each year should look at implementing wellness programs immediately to help stop this expensive trend. For more information about company wellness and productivity planning, call Ed Dyer at Healthsync.

Starting a Company Wellness Program

Many companies are faced with healthcare cost increases of 15% or more per year. In most cases, insurance premium rates are based on the health claims of the employee group. Leading companies throughout the country are getting a grip on their healthcare costs by starting wellness programs with their employees.

A wellness program that is well organized generally has a 5 to 1 return on investment, and can be implemented with very little disturbance in a company's workflow. Here are 4 major ingredients to a successful wellness program.

- * Get support from senior management for the wellness program
- * Collect data on the company and employees to set a baseline
- * Based on the data, set an action plan to reduce health risks and cost
- * Evaluate the success of your activities and change course as needed

Today, wellness programs are an important part of strategic planning. As healthcare costs eat up company profits, companies need to aggressively plan their financial defense.

Health Insurance Premiums

Continued from Page 2

If companies would encourage all employees to simply start a walking program (30+ minutes of brisk walking daily), they could positively impact their employees' health. Compared to sedentary persons, people who exercise would have a:

- 45% reduced risk of cancer
- 60% reduced risk of diabetes
- 48% reduced risk of heart disease
- 62-65% reduced risk of hip fractures
- 68% fewer strokes
- 57% decreased rate of developing high blood pressure
- 34% decreased risk of catching a cold

Health Fact

A preventative screening can be as simple as slipping your arm into a blood pressure cuff at a drug store, or as involved as a week-long diet and prep for a colonoscopy- not to mention having the colonoscopy! But either way- whether they show that you're healthy or show that you're health is in danger- these and other screening tests can save your life.

"A wellness program that is well organized generally has a 5 to 1 return on investment . . . "



Maintaining proper body weight has tremendous health benefits.