“A common myth today is that only employers with big budgets and large teams can have a formal wellness program. The fact is, it has never been easier or more economical to promote healthy living and drive positive results for both employees and employers.”

- Lesa Caputo
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With health care costs continuing to rise and no end in sight, employers should be discussing solutions that can positively influence future healthcare insurance premiums. A good wellness strategy can accomplish this while simultaneously reducing the cost of employee absenteeism, increasing employee work productivity and lowering the number of workers compensation claims.

You may have heard Lesa Caputo speaking about this and ways employers can and should encourage health and wellness in the workplace on Steve Cushman’s Commerce radio program, KZSB 1290 AM.

DID YOU KNOW?

49% of employees lose 1+ hours of productivity a week due to stress
87% of employees feel disengaged at work
62% of employees end the day with body pain

LESA’S TOP 10 IDEAS

1) Leverage carrier websites for managing & improving health
2) Remind employees preventive screenings are covered at no cost
3) Offer benefit programs that pay employees for preventive care
4) Leverage online wellness platforms designed for the office
5) Create wellness challenges that foster a teambuilding culture
6) Use break times for quick, simple exercises or stretching
7) Provide incentives that reduce employee costs for participation
8) Hold “healthy” pot-luck lunch contests with a prize for the winner
9) Celebrate special occasions with mental health lunch gatherings
10) Create no cost health fairs to educate and promote health

CONTACT US TODAY to find out how Lesa may be able to design a wellness strategy that can create savings while improving the health of your employees.

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