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Email: in

## Welcome to Wellness 2000



**where your health is our mission  
and great health is our goal**

As one of the longest running private wellness programs in the country, Wellness 2000 combines a deep sense of purpose with a proven track record of excellence and results. We focus on the needs of your organization.

Let us build a corporate wellness program tailored to your company.

### Why Wellness 2000

#### Personalized Care

Others talk about customer service; at Wellness 2000 it is our reason to be in business. We are here to help you create a healthy, vibrant workplace thriving with energetic employees who

feel good about themselves, and positive about their work environment.

Success begins with the individual. We know that it is important to visit with each employee, in person, face to face, to talk one on one about their lives and their health. Consultations take place privately and focus on the individual needs of each employee.

It is our belief that good health helps people to live good lives.

#### Prevention

Have you ever been in denial? Or maybe just not paying attention to the warning signals? It happens to all of us. The earlier we catch a medical abnormality, the easier it is to manage, and the less it interferes with every day life. Many conditions, like early onset diabetes, high cholesterol, and high blood pressure, can be easily managed. The best way to identify a problem is to monitor health with annual blood work and testing.

We come to your worksite and talk personally with each employee. We help each person to develop a plan that meets his or her needs and desires. We help your employees to set goals and create the plan that takes them from dream to reality. We continue to work with them to evaluate their progress and adjust their plan as life changes. We meet with them every year, on site. We're there, for you and for them.

The difference is simple. We care.

#### Wellness and the Bottom Line

Wellness statistics: lower risk factors = lower workman's comp claims = lower absenteeism = lower turnover = cost savings.

When a company makes a wellness commitment to employees, the organization's managers are speaking

volumes about who they are and what is important to them. They are making a significant commitment that comes full circle. The good health of each employee is a win-win for everyone. The employee feels better and that often translates to a more positive attitude at work and at home. A healthier employee chalks up to lower absenteeism. And an employee who feels invested in by his company is likely to be more contented, productive, and loyal.

According to the U.S. Department of Labor, length of tenure continues to decline. In 2004, the average wage and salary worker was with an employer for four years. This is of great concern for businesses because turnover costs are staggering. For an employee making \$30k a year it can cost up to \$44k to replace that person. For a manager or salesperson the cost can reach \$74k or more.

Research conducted in the United States shows that workers feel valued when they are acknowledged and praised for their contributions, when they have an opportunity for advancement, and when training and education are made available to them. A list of the top five also includes having the respect and trust of supervisors, flexibility in their schedule to meet their personal needs, and working for a supportive boss who is there for them and appreciates their work.

You communicate this to your employees in a variety of ways every day. Providing a wellness program communicates that you care for them as an individual and want them to do well. In turn, employee moral improves, and positive, healthy workers do a better job.

A commitment to good health is a commitment to excellence in the workplace.

## **Our Program Works because**

It is not enough that we offer comprehensive services, though we do; Nor is it sufficient to provide the highest quality services, which we do. Our wellness program works because we are in partnership with you.

While other wellness programs often have 35% participation rate, our average participation rate is 75%. Why? Because we are actively engaged on a personal level with every person we serve. Getting and maintaining a high participation rate is a key deliverable for our company and for yours.



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