

Wellness Program & Workers Compensation

In a 2004 news release from the US Department of Health & Human Services, Secretary Tommy G. Thompson said, “The choices we make about diet, activity and tobacco affect not only our own lives, but also affect the economic health of our families, our businesses and even our nation as a whole. More businesses need to recognize that poor health means lower productivity and higher health costs. Smart business leaders increasingly are finding that it is the right decision to promote healthy education, physical activity and preventive benefits in the workplace”. He further stated, “...innovative employers are providing their employees with a variety of work-site-based health promotion and disease prevention programs. These programs have been shown to improve employee health, increase productivity and yield a significant return on investment for the employer”.

The concept of a wellness program in the workplace is becoming increasingly popular with employers as a means to promote healthy lifestyles for employees. A wellness program can assist workers to make voluntary behavior changes that reduce their health risk and enhance their productivity, resulting in:

- Lower absentee rate and less sick time
- Faster return-to-work of injured employees
- Lower medical and insurance costs
- Improved productivity
- Increased job satisfaction, morale and workplace motivation

Small business employers often do not have the financial resources to provide employees with large-scale wellness programs. Less expensive measures such as posters, paycheck envelope stuffers and health related newsletters can help to heighten worker awareness of wellness ideals.

For more information on wellness programs, ordering newsletters and view a sample copy, please visit our website: www.PennNationalInsurance.com . Click the link to Workplace Injuries, then Wellness Programs.

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