



# Worksite Wellness

Recognizing employees perform best when they are healthy, and healthy employees improve the health of your business.

## *A Wellness Challenge...*

Get to the heart of improving the health of your business—improve the health of your employees.

### **We are what we eat!**

Yes, it's true, food choices have a dramatic response on how we function. Although a personal choice, such choices also effect the health of a business.

At the root of improving overall health and well-being lies personal responsibility

and consistent lifestyle behaviors. Healthy diets leads to healthy results.



Because employees spend most of their waking hours at work , the worksite is an ideal setting for the promotion and access of healthy food choices.

A nutritional wellness program is the right thing to do and now is the right time.

Healthy workers are good for business!

## *An Organic Solution!*

Every other week, at the end of the workday, participating employees take home a fresh assortment of organic fruits and vegetables.

**Our Organics provides turnkey services - everything is taken care of...**

Orders & participation through email reminders & notifications, administration of payments, delivery & distribution logistics; all resulting with orders ready-to-go for one hour.





- *Control costs - Healthier employees are less costly. Lower or at least slow the increase in health care costs. Employees with more risk factors cost more to insure and pay more for health care than people with fewer risk factors.*
- *Reduce absenteeism - Healthier employees miss less work. Create a healthy worksite culture have a greater percentage of employees at work every day. Because health frequently carries over into home life, employees may miss less work caring for ill family members as well.*
- *Increase productivity - Healthier employees are more productive. Presenteeism (employees are physically present but not effective) is reduced in workplaces that have wellness programs. Recent research suggests that the cost of lost productivity is double or even triple the cost of health care.*
- *Improve employee morale and enhance organizational image - A company that cares about the health of employees is seen as a better place to work. Save money by retaining workers and a competitive edge in recruiting new employees.*
- *Diet is the #1 modifiable lifestyle behavior that accounts for a minimum of 25% of employee health care cost burden.*
- *Medical costs attributed to obesity and overweight employees are estimated to be \$395 (36%) higher annually than those of normal weight.*

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My name is Todd Venable, owner of Our Organics. Our service was created to bring the finest and freshest organic food choices into our homes. By doing so, mealtimes would be a healthy experience and real appreciation for mother nature. In a world offering

tremendous advances in our lives, much of our happiness and health is found in organic roots. With our health, we will thrive. I welcome the opportunity to implement the service into your worksite. By doing so, you will build camaraderie throughout the

workplace and show your employees that you care about them, their health, and the health of their families.

Here's to a smarter, easier, affordable way to stay healthy.

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