



Make Your Wellness Programs More Impactful!

Companies have come to realize that healthy employees boost a company's bottom line. A one dollar investment in wellness programs saves \$3 in health care costs, according to the Centers for Disease Control. More than 75 percent of employers' healthcare costs and productivity losses are related to employee lifestyle choices.

Companies know that providing employees with the information and tools to adopt healthy behaviors can have huge payoffs but offering employees' opportunities to improve health is sometimes not enough to cause them to participate in worksite wellness programs. Employees need guidance on how to implement behavior change.

INTUITION to THRIVE

(An 8-week Employee Wellness Program)

Most experts in workplace health promotion agree that creating intrinsic motivation for health development is an essential component of an effective program. Intuition to THRIVE is an 8-week wellness program designed to educate employees on how to get the right exercise, eat healthier for good, and manage stress in ways that support good health. The program provides knowledge; tools and action steps to help employees' develop their own reasons and rewards for improving their health and the intrinsic motivation to continue for the rest of their lives. The goal is to inform and motivate employees to take direct and active responsibility for their own health.

Benefits Include:

- Increased productivity, morale and engagement
- Reduction in sick days and healthcare costs
- Enhanced creativity and problem solving skills
- Decreased stress levels
- Increased intrinsic motivation to maintain a healthy lifestyle

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AT YOUR WORKSITE

Below are the details about how **INTUITION to THRIVE** would unfold at your worksite.

Participants will receive:

- A weekly meeting at your worksite for 8 weeks. Each meeting lasts 45 – 60 minutes and is designed for up to 20 participants.
- Weekly meetings include education, encouragement, action items for each week, group discussion and time for questions with the expert leader.
- Supplemental materials to support the learnings each week and include reminders and tips to help them along their journey. These materials will be delivered to each participant via email once a week.
- A workbook complete with journal questions, educational highlights, and room to write their own notes and weekly action items.

Advantages of Program:

1. Support good health by learning to get the right exercise, eat healthier for good, and manage stress.
2. Learn the skills needed to tune into and amplify intrinsic motivation.
3. Boost wellness success rates by building competency and long-term behavior change.
4. Shift focus from treating symptoms to establishing a foundation for healthy living.



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