



NEWS RELEASE

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For immediate release

NEW GRANT ISSUED TO NON-PROFIT TO ASSIST SMALL- AND MID-SIZED EMPLOYERS IN REDUCING RISKS ASSOCIATED WITH BEHAVIORAL & LIFESTYLE RISK FACTORS

WASHINGTON, DC (July 14, 2009) – Small- and mid-sized employers will have improved access to health screenings, health risk assessments, Certified Health Coach consultations, risk reduction programming and consistent year-round education resulting in decreased medical costs, increased productivity, and decreased absenteeism due to a grant awarded to the United States Wellness Chamber of Commerce, President & CEO Thomas J. Montgomery announced today.

According to Montgomery, these funds will allow the US Wellness Chamber to assist one hundred employers without any investment by the participating companies subject to meeting the following three requirements. First, the employer must have between ten and two hundred fifty employees. Second, the employer must agree to follow best practices proven to result in high employee participation. Third, the employer can have one or multiple locations but only US-based employees are eligible.

Participating employers join the Wellness Chamber and receive an initial consultation with a experienced Risk Management Consultant to identify incentive and communication strategies to successfully engage employees and dependents. In many cases, a premium differential is used whereby employees pay a higher monthly insurance contribution if they do not get involved with the program and meet with their Health Coach. With these strategies in place, the Wellness Chamber averages 97% participation in its wellness programming—well above the national average.

The first on-site event for each employer is labeled a Wellness Launch whereby employees are oriented to the structure of the wellness program and are introduced to their local Health Coach. Health Coaches are health and wellness professionals and often are non-medical doctors, i.e. chiropractors or naturopaths, nurses, or trainers. Additionally, employees complete a Health Risk Assessment (HRA) at the Launch and schedule a consultation with their Health Coach to review the results. This complimentary visit is labeled a Health Risk Review (HRR). Typically, the majority of the eligible employees will complete the HRA and schedule a HRR with the Health Coach.

Beyond the initial Wellness Launch, the Health Coach returns monthly to conduct a Wellness Workshop on various topics throughout the year including weight management, improved nutrition, stress reduction, and cancer prevention. Consistent, year-round education creates a top of mind awareness and reinforces the employees' access to their Health Coach--a trusted local resource. In most cases, a door prize or raffle will be incorporated into the monthly Wellness Workshops to create a fun environment that also rewards attendance.

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*2009 Grant/US Wellness Chamber
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"We are pleased to have been selected to receive this generous funding allowing us to assist dozens of employers nationally who likely would not have taken a proactive approach to reducing the risk of their workforce," said Thomas J. Montgomery, President & CEO of the Chamber. "Our selection was largely attributed to our unique approach to risk identification and mitigation addressing the whole person—physical risks, mental/emotional risks, and financial/legal preparedness."

As employees with financial and legal problems are absent five times more than average, use their medical benefits four times more than average, and use sick leave twice as often as the average employee, employers have increasingly recognized the importance of addressing these stressors impacting most of our society.

"The Wellness Chamber's programming is designed to empower and enable employees and their families to lead healthier and happier lives through year round assistance and support with their physical, mental, and preparedness wellbeing while improving the employer's bottom line," concluded Montgomery.

About United States Wellness Chamber of Commerce

The United States Wellness Chamber of Commerce is a nonprofit organization that aligns employers with local health and wellness professionals to create a healthier workforce. With headquarters in Frisco, Texas, the Wellness Chamber is creating a healthier nation, one employer at a time, through hands-on programming addressing each employee and dependant's physical, mental/emotional, and preparedness wellness. For further information, please contact the Wellness Chamber at 800-429-4556.

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