

# A New Year A New Start .....Lets Start the Year with WELLNESS

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**To our friends and family!**

**This year we have set our site on WELLNESS! We are dedicated to obtain new and healthier lifestyles, focusing on nutrition, exercise sleep and so much more. We hope you enjoy and find value in the upcoming newsletters and will join us in our wellness initiative!**

## WELLNESS

### Corporate Wellness Programs

A survey estimated that up to 30% of employer-paid health claims arise from behavior-related illnesses and conditions: smoking, high-blood pressure, high cholesterol, poor diet and inactivity create a formula for disease - in the long run, for absenteeism decreased productivity and increase corporate healthcare expenses.

Corporate wellness programs can offer the following benefits to their employees:

- Health Information
- Bonus for Good and Improving Health
- Health Risk Identification
- Individual Counseling and Behavior Modification
- Demand Management Programs

and the cost of wellness programs are cheap, relative to other employee and retiree benefits.

The benefits of corporate wellness programs are bountiful and beneficial; however, individual wellness programs are also available and just as beneficial. Please give us your feedback and thoughts as we work towards a healthier YOU!!!

Sincerely,

Don Canada Jr.  
Silicon Benefits, Inc.