

HEALTH ACTION Tips for creating a healthy company culture

1. Weekly health messages
2. Health fair or screening tests to identify risks and provide coaching
3. Nurse health coach
4. Support and recognition for healthy changes
5. Health posters
6. Smoke-free policies (buildings, vehicles)
7. Seat belt reminders
8. Pleasant eating areas that encourage staff to bring healthy lunches
9. Healthy snacks at work
10. Weight loss challenges
11. Promotion of health plan services
12. "Make One Health Change" campaigns
13. Walking club



HEALTH ACTION Tools You Can Use

Assess the health of your company.

Find out if you are getting the best health fair for your money.

For free assessments, go to Tools at
www.healthaction.biz

HEALTH ACTION Coaching Real Results for Real People

- Uses cutting edge nursing and coaching expertise
- Puts employees in charge of their health and accountable
- Builds on a personal connection
- Employee-focused, results-oriented



*Your Business Partner for
Improving Employee
Health and Productivity*

*Healthy Employees,
Healthy Business*

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HEALTH ACTION

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Se habla español



What is HEALTH ACTION?

HEALTH ACTION is your business partner for improving the health and productivity of your employees. **HEALTH ACTION** helps businesses design successful health strategies. Our skilled nurse health coaches identify health risks and guide employees to better health.

HEALTH ACTION Services

- Customized wellness program design
- Individual and group health coaching
- Realistic personal health action plans
- Dynamic health seminars
- Worksite health environment audits
- Program evaluation
- Post-health fair follow up
- Health coaching by a skilled nurse practitioner to help employees understand and manage chronic conditions

Our services are tailored to your company and your employees.

We know every person and every company is unique.

HEALTH ACTION Improves the Bottom Line

Healthier employees

- Have fewer absences
- Are more focused on the job
- Have fewer workers' comp claims
- Have lower medical claims
- Use health care wisely
- Have more energy
- Are more productive

HEALTH ACTION boosts the health and productivity of your employees



HEALTH ACTION saves money: 3:1 return on your investment

Each \$1 invested in improving employee health lowers your cost of doing business:

Saves \$3 in reduced medical costs
Saves \$3 in less absenteeism
Reduces workers' comp costs 30%
Increases morale and retention

HEALTH ACTION Makes Good Business Sense

Health is your business's biggest expense. Little physical exercise, unhealthy food choices, excess weight, and inefficient use of health care zap employee productivity. Over 80% of medical costs are tied to employee behaviors.

More than 1 in 4 employees has a chronic health problem. Poor control of diabetes, hypertension, and other conditions limits their energy and effectiveness at work. With education and coaching, employees manage their conditions well, are better medical consumers, and enjoy better health.

A health fair is a start, not an end

A health fair gives employees information about their health but the real impact comes when your employees make healthy changes, improve nutrition, exercise, and manage chronic diseases well. Proactive coaching by **HEALTHACTION** makes the difference.

Let **HEALTH ACTION** design a health program for your company.

Services for all literacy abilities are available in English and Spanish.

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