

## BENEFITS – More than Money!

Some benefits of offering comprehensive workplace wellness benefits are tangible and easy to monitor, while others show up more discreetly. Combined, the benefits of wellness programs add up.

For organizations that are serious about managing healthcare costs, the key trait a wellness program must contain is to help create sustainable lifestyle change for employees. With that lifestyle change comes the possibility for other benefits:

- ◇ Reduced healthcare costs and lower insurance premiums
- ◇ Increased employee productivity
- ◇ Decreased employee turnover
- ◇ Improved workplace image
- ◇ Reduced absenteeism
- ◇ A boost in employee morale
- ◇ Fewer workplace injuries

And employees will notice the efforts as well. In a recent survey, three in four employees considered a comprehensive health plan to be the most important employment benefit.<sup>3</sup> Adding a wellness program is an important component of any complete health plan!

For more information about how to bring wellness program benefits to your organization, e-mail [RCHCA@HutchClinic.com](mailto:RCHCA@HutchClinic.com).

**Hutchinson Clinic**  
2101 North Waldron Street  
Hutchinson, KS 67502

Phone: 620-669-2500  
[RCHCA@HutchClinic.com](mailto:RCHCA@HutchClinic.com)

[www.HutchClinic.com/RCHCA](http://www.HutchClinic.com/RCHCA)



## RENO COUNTY Healthy Company Alliance

Brought to you by:

**The Hutchinson Clinic**

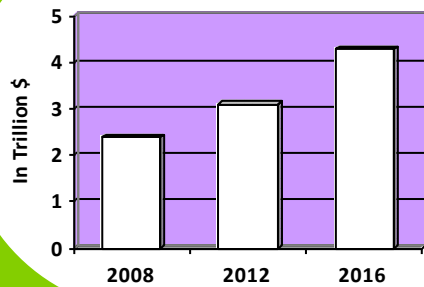


[www.HutchClinic.com/RCHCA](http://www.HutchClinic.com/RCHCA)

## Control healthcare costs!

High healthcare costs continue to be of concern to American businesses. The average annual health insurance premium is \$2,985 for individual employees and more over \$6,300 for families.<sup>1</sup> And that will only increase over time.

Healthcare Spending Projections<sup>2</sup>



Rather than simply cutting benefits or shifting costs to employees, more companies today are starting workplace wellness programs as a way of effectively controlling rising healthcare costs.

It is important to consider the ROI of providing wellness benefits to employees as a part of a complete health plan.

1-AHIP, "A Comprehensive Survey of Premiums, Availability, and Benefits," October 2009.

2-Keehan, S. et al. "Health Spending Projections through 2017", Health Affairs Web Exclusive W146: 21 February 2008.

3-National Business Group on Health, "Employer-Based Health Benefits Survey," April 2007.

## Reno County Healthy Company Alliance – FEATURES

The Hutchinson Clinic recognizes the needs of area companies with regards to health and fitness benefits and is dedicated to playing the key role in providing wellness program expertise and services to organizations in the area that it serves. The Hutchinson Clinic has entered into an agreement with Healthy Company Alliance™ and will champion the initiative through the **Reno County Healthy Company Alliance**.

The turn-key, comprehensive wellness product package offered by the Clinic as a part of the Reno County Healthy Company Alliance includes the following products and services:

- 1 Consultation to create your organization's Wellness Program Achievement Strategy and determine the desired wellness program outcomes.
- 2 A complete Health Risk Assessment fair completed on-site. Special member-only discount rates for services offered.
- 3 12-month access to HealthyCompany-Program.com, a complete activity-based wellness portal for your organization.
- 4 Access to one weight-loss and fitness challenge through HealthyCompanyChallenge.com.
- 5 Subscription to *Wellness Works*, a bi-weekly health and fitness electronic newsletter for all employees.
- 6 Three (3) on-site lunch-time presentations. Your choice is selected from a menu of options covering a variety of healthy and fitness topics.
- 7 Access to the "Ask-An-Expert" service monitored by doctors, nurses, registered dietitians and personal trainers.
- 8 Monthly health and fitness activity calendar supporting a complete list of local sources.
- 9 Discounted menu of other Hutchinson Clinic services (classes, testing, etc).

[www.HutchClinic.com/RCHCA](http://www.HutchClinic.com/RCHCA)

The Hutchinson Clinic is the key supportive resource for your wellness program initiative in Reno County and has priced the product package to allow employers of all sizes access. For more program information, including pricing details, please e-mail [RCHCA@HutchClinic.com](mailto:RCHCA@HutchClinic.com).