

Are you ready?

Embarking on the Road to Wellness

Answering these simple questions will assist us in helping you determine a starting point for developing wellness at your worksite.

		Strongly Agree	Agree	Undecided	Disagree	Strongly Agree
1	Our senior management is committed to health promotion as an important investment in our employees.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Our company understands that a "wellness point person" and/or wellness team will need to be selected, and given time to work on wellness-related tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Does your company have a wellness budget?	Yes			No	

Note: In general, it is recommended to start with 1% of current health care expenditures, but for more 'serious' results, plan 2% - 6% of current health care expenditures. *

Value of investment data concludes the following:

Level of Wellness Programming	Low Intensity	Medium Intensity	High Intensity
Employer Investment* (per EE per year; does <i>not</i> include incentives)	\$1 - \$15	\$16 - \$50	\$51 - \$200+
Program Value on Investment**	1:1	3.75:1	7.75:1

**Troy Adams, Ph.D. "Winning at ROI Poker" (2008 National Wellness Conference Presentation)

Want to learn more about our services?

Contact us!

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