

Wellness Works – for Employees AND Employers!

Do you know that 50% – 80% of health care expenditures are related to preventable risk factors such as stress, smoking, drinking, obesity, and lack of exercise? Workers with multiple risk factors accrue an average of \$3,804 in annual medical costs whereas workers with low risks accrue an average of \$1,166; a difference in costs of almost 70%! Just imagine how this affects Employee productivity – and your bottom line!

The *Wellness Works* program is a comprehensive adult health education program intended to assist Employers to help Employees and their family members to make voluntary health behavior changes to reduce their health risks, thereby enhancing their quality of life, their individual productivity, and your bottom line.



Please join **MANTEC, Inc.** for the ***Human Resources Best Practices Series***, presented in partnership with **Saul Ewing LLP** and the **Susan P. Byrnes Health Education Center**. The program will include:

- 8:30 a.m.–9:30 a.m. ***Wellness Works***
- What is *Wellness Works*?
 - How does wellness help your Employees?
 - How does workforce wellness help Employers?
- 9:30 a.m.–10:30 a.m. Navigate the Legal and Medical Maze
- What legal obligations do Employers have to their Employees?
 - What leave laws apply? How and to whom do they apply?
 - How does an Employer balance its obligations with Employee rights?
 - How can you help your Employees make better use of the health care system?
 - How can Employers integrate wellness into employment practices and procedures?
- 10:30 a.m.–11:30 a.m. Hold 'em or Fold 'em: Are your employees stressed? Don't gamble on their health!
- Learn how stress affects the body and your health
 - Stress is a choice, it's up to you to hold onto it or let it go
 - Deal yourself a winning hand: positive steps to change attitudes & perceptions
- 11:30 a.m.–12:00 noon Panel Discussion - Hear how your peers in manufacturing have benefited by implementing ***Wellness at Work*** in their organizations.

Directions: Susan P. Byrnes Health Education Center is located at 515 S. George St., York, PA. For directions visit www.byrneshec.com and click on 'Contact Us' and select 'Map & Directions.'

Questions? Contact MANTEC at (717) 843-5054, ext. 239 and ask for Mary Muktarian or send an email to mary@mantec.org.