



Workplace Wellness *Solutions*

Building a Healthier Workforce

In a recent study, researchers at Brigham Young University found that for every dollar spent on employee wellness programs, employers receive three to four dollars in healthcare savings.

Benefits of Healthy Employees

- ✓ Improved productivity
- ✓ Better concentration, focus, and alertness
- ✓ Enhanced employee morale
- ✓ Higher energy level
- ✓ Lower healthcare cost
- ✓ Reduced absenteeism, lost time, and fewer sick days
- ✓ Less employee turnover
- ✓ Fewer injuries, less human error, and a more harmonious work environment
- ✓ Reduced stress ("the 21st century disease")

Dr. Sears' programs are effective for employers because they:

- ✓ Offer simple, effective, and affordable wellness solutions
- ✓ Provide real solutions that reduce absenteeism and presenteeism
- ✓ Lead employees to make smart, effective, and sustainable changes

Practical Solutions for the Workplace



PREGNANCY

Pregnancy is the largest single health claim for many employers. It is also the leading cause of disability and turnover. Wellness programs should focus on both mother and baby before, during, and after pregnancy.



FAMILIES

Families represent a majority of the workforce today, and employees with children have significantly more absenteeism and presenteeism than those without children. Poor eating habits and lack of good nutrition are major contributors to sickness and disease in both adults and children.



ADULTS

Adults over the age of 40 make up one third of today's workforce. As employees age, healthcare costs rise and productivity often falls. Keeping these experienced employees in excellent health is becoming increasingly important.

Programs That Make a Positive Impact



Research shows women who practice healthy behaviors during pregnancy have fewer complications, an easier delivery, and a happy, healthy baby, which can significantly reduce healthcare costs (e.g., babies born prematurely can cost ten times more). Dr. Sears L.E.A.N. Expectations™ is available for groups or individuals who are expecting or nursing. Participants will learn about:

- Nutrition during pregnancy
- Healthy lifestyle choices
- Safe and effective physical activities
- Stress reduction techniques



Dr. Sears L.E.A.N. Start™ is available online or in person with groups or individual parents of school-aged children. Employees and their families will experience:

- Fewer sick days and less time away from work and school
- Reduced medical expenses
- Better weight control
- More active, energetic, and productive lives
- Improvements in their overall health

Dr. Sears L.E.A.N. Start™ is a complete wellness program that focuses on sustainable lifestyle changes for the whole family.



Dr. Sears Prime-Time Health™ is available for groups or individuals online or in person. Employees will learn how to:

- Prevent disease and unhealthy aging
- Boost energy levels, reduce stress, sleep better, and think sharper
- Use good nutrition to help decrease pain and inflammation
- Reduce the risk of cancer and ailments such as high cholesterol, high blood pressure, and arthritis
- Become fit, strong, and flexible

Programs are taught by Health Coaches certified through the Dr. Sears Wellness Institute. The Institute provides high quality professional certifications, scientifically-based educational programs, and resources that empower individuals and families to live happier, healthier, longer lives by making positive Lifestyle, Exercise, Attitude, and Nutrition (L.E.A.N.) choices.