

TIPS

HERE ARE SOME TIPS FOR HELPING YOUR EMPLOYEES AND THEIR FAMILIES STAY HEALTHY.

- We provide nutrition and healthy living classes to our employees and their families in office and on line.
- We provide individual and family counseling in healthy cooking, menu planning and fitness through our all-natural chefs, fitness experts, dietitians and nurses. This is available in office and online.
- We provide all-natural foods at cost to our employees and their families.
- We provide for free or at cost, a full line of all-natural supplements, all-natural sugar and salt substitutes and smoking cessation products to all employees and their families.
- Staying healthy is an important part of our corporate culture and we strive for 100 percent participation. This is done with prizes, awards and making it fun for the entire family.

HERE ARE SOME TIPS THAT MAKE OUR WELLNESS PROGRAM WORK SO WELL.

- We have 93.4 percent participation. The higher the participation rate the better the plan works, in general.
- We have both individual and team prizes and awards for hitting goals and just for participating.
- We get the entire family of the employees involved, which the employees really like.
- We have an entire video and written library of healthy recipes online and send out new ones at least monthly.
- Our wellness plan has lowered absenteeism 86.7 percent over the last three years.
- We have weekly and monthly classes and seminars both in office and online in healthy living. These are done by our staff registered dietitians and registered nurses.
- Most important of all, the program must be fun, rewarding, all-inclusive and be an integral part of the corporate culture.

—By Dr. Keith D. Kantor
C.E.O.
Service Foods, Inc.