

TO BE WELL
POWERFUL
STRONG AND
INFLUENTIAL

ENABLING
THE CREATION OF
WELL
WORKPLACES

VALEO

IT'S A WAY OF BEING
AND A STATE OF MIND.

Did you know that in 2014 employers will be able to use as much as 30 percent of a worker's health care premiums on wellness incentives programs, up from 20 percent previously?



The time for getting a return on investment in wellness is now!

The World Health Organization defines Wellness in the following way:

Wellness is an optimal state of health. It concerns a person's individual health physically, mentally, emotionally and spiritually and also their role in society and fulfilling expectations in their family, community, place of worship, workplace and environment.

In many ways, **wellness is coming full spectrum**. In particular, workplace 'Wellness' is a possibility so rich with opportunities that it is shifting from the once or twice a year program on smoking cessation to once a week workshops on the 12 dimensions of wellness.



If asked the question, **“would you like more wellness than you currently have?”** We imagine that a majority of people would say yes! However making the time, creating the environment or staying motivated for wellness

isn't always that easy.

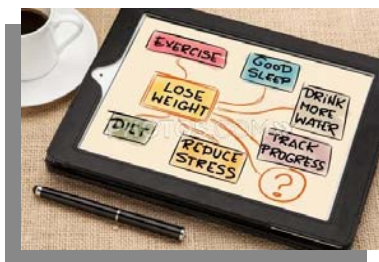


With modern stress levels elevating to the high heavens people need new coping solutions. Instead of wellness being a product that only exists in certain places and times, why not support the creation of a corporate culture that enables your associates to adopt wellness as a way of living.

If your **company's goals** include supporting your associates in becoming more physically active, controlling diabetes, lowering blood pressure, controlling cholesterol, stopping smoking or dealing with stress, VALEO Chicago provides everything you need to make these goals achievable.

Our personal care consultants are educated, certified and experienced professionals and include personal trainers, massage therapist, dietitians and lifestyle coaches that are

ready to create and coordinate a personal **wellness program designed specifically for you and your company's goals.**



Come see the benefits of building a healthier company and healthier lifestyles with the guidance of the VALEO team, where wellness is defined by you!

Please visit www.valeochicago.com/wellworkplaces

Five tips for creating a Well Workplace



- ❖ Sponsor a positive habit
- ❖ Redesign the environment
- ❖ Integrate one piece of technology
- ❖ Encourage the conversation
- ❖ Celebrate and live it

No matter where your company stands with regard to wellness there is no doubt that **wellness is starting to touch everyone and everything.** It is fast becoming a worldview that has the power to transform everything about the way we live and work in the years to come.

Wellness Requires Leadership.....

Is your company willing to:

- ❖ Make the time for wellness?
- ❖ Create the environment that supports wellness?
- ❖ Demonstrate the leadership readiness to support your associates to healthier lifestyles?



SUPPORTING LEADERS ON THE WAY TO WELLNESS