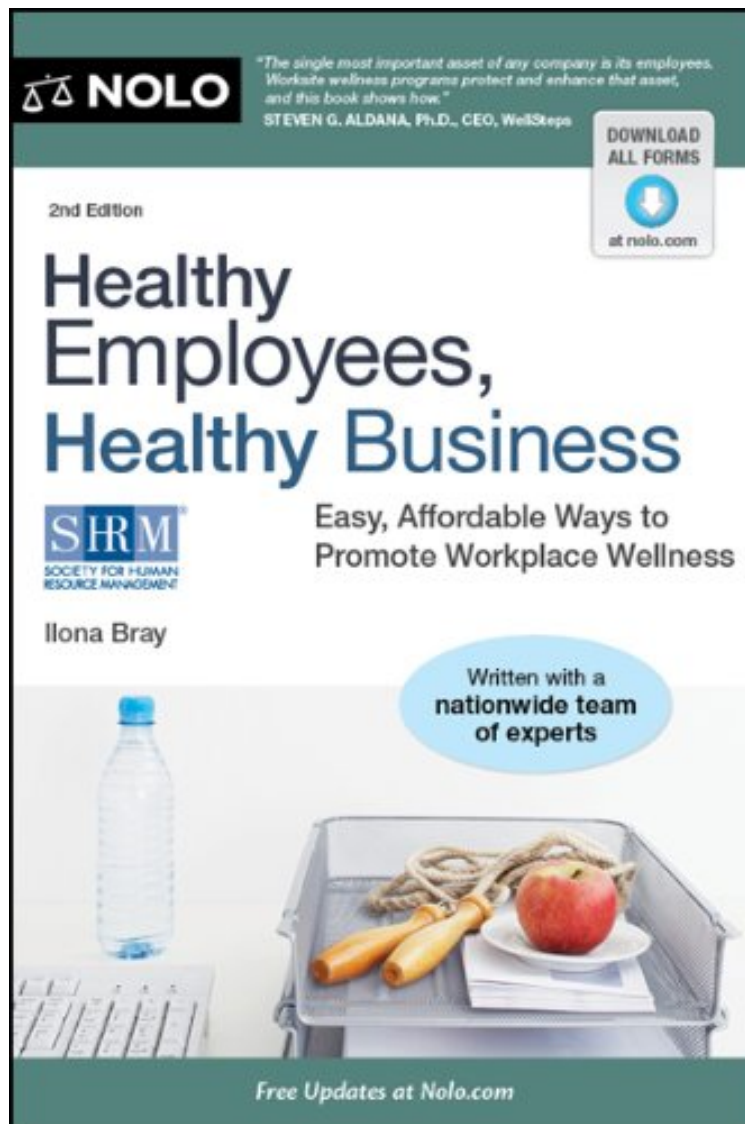


[Download ebook] Healthy Employees, Healthy Business: Easy, Affordable Ways to Promote Workplace Wellness

# Healthy Employees, Healthy Business: Easy, Affordable Ways to Promote Workplace Wellness

*Ilona Bray J.D.*

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**Ilona Bray J.D. : Healthy Employees, Healthy Business: Easy, Affordable Ways to Promote Workplace Wellness** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Employees, Healthy Business: Easy, Affordable Ways to Promote Workplace Wellness:

0 of 0 people found the following review helpful. It was worth the purchaseBy D. KellyThis book wasn't exactly what I was looking for. I guess I was hoping for a bunch of neat wellness ideas to add to a wellness program and innovative

ways to motivate employees to make healthier lifestyle changes. The book had more on the legal aspects of wellness and insurance - which was definitely helpful because it was things I hadn't considered - but it wasn't exactly what I was looking for. Overall, it was a useful book and I learned a thing or two. 0 of 0 people found the following review helpful. 5 stars  
By Lou  
This book is great. I found it very well put together and helped me write out a proposal for work with such little effort. A total blessing of a purchase  
4 of 4 people found the following review helpful. Stay healthy, stay productive  
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Right now, there is a huge debate on how to cut the high cost of health insurance. One way employers are seeking to help reduce costs is by assisting employees to stay healthy. Healthy people are more productive, have fewer sick days and cost less for insurance. It's a win-win. No one likes being sick. There are simple things to do, outlined in this book, to promote wellness and some of the ideas don't even cost a great deal. This book goes over some of the aspects of wellness (drinkers are often out Mondays and Fridays, people with minor illnesses take off rainy days.) There are a lot of interesting facts, such as a discussion of "presentee-ism" which is when people show up to work sick instead of staying home with an infectious illness. If there is an epidemic of flu, an employer concerned about wellness might consider making it clear that staying home when sick is better for the company and YOUR job than struggling in and making the entire department ill. There are discussions of obesity and how to set up supportive programs to encourage employees to get fit. Even changing the vending machines to provide healthy foods. I think this is all helpful information--I can remember one employer who had their cafeteria reclassified as "factory" from "office" by their large corporate contracting department, and the people working there complained their soup and salad selections had been replaced by greasy burgers. This kind of awareness of how the employer fits into overall health is something that any managerial staff should take note of. There are also ideas for small businesses, who are definitely more affected if employee health and efficiency suffers. Great book, full of ideas to promote wellness and productivity.

Money-saving steps to improve employee health and productivity -- and your bottom line  
As health care costs skyrocket, small business owners are increasingly concerned about the impact they're likely to have on company profits. Employee illness, chronic poor health, low job satisfaction, and high turnover lead to lower productivity and contribute heavily to lost company earnings. Healthy Employees, Healthy Business draws on the expertise of an advisory board of doctors, lawyers, benefits specialists, workplace wellness planners and other experts to offer struggling small business owners and managers like you the essential advice you need to implement a low-cost or even free wellness program for your employees. Clear, concise and filled with success stories from other workplaces, you'll get the tools you need to start your wellness program immediately, resulting in increased productivity and potentially lower health insurance costs. Find out how to: evaluate and target your workplace's main health concerns develop fun, effective activities to improve employee health boost morale through mutual support and competition lower workplace stress leverage community resources for minimal financial investment From simply changing the snacks in the vending machines to ensuring that ill employees have access to treatment, you'll get practical advice in Healthy Employees, Healthy Business that will help even the smallest business save money and enjoy a dynamic get helpful forms and interviews with expert advisers. All forms can be downloaded from [Nolo.com](http://Nolo.com)