

Be Good to Yourself

Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.

Contact Heather Easton at
Two Rivers

Public Health Department
with your questions

at: (308) 995-4778 or

heather.easton@tworiverspublichealth.com

Annual Dues Structure for your customized wellness plan

1-10 Employees = \$90.00

11-25 = \$125.00

26-50=\$200.00

51-100=\$275.00

101-249 = \$350.00

250 and above = \$425.00

Dues will be prorated out according
to month joined with annual
renewal in January of each year.

APPLY NOW!

Contact Name

Company

Mailing Address

City, State, Zip

Phone

Email

of Employees

Please send completed form to:

Two Rivers Public Health Department

701 4th Avenue, Suite 1

Holdrege, NE 68949

Phone: 308-995-4778

Fax: 308-995-4073

www.tworiverspublichealth.com

What can Worksite Wellness do for MY Business?



Why Invest in Worksite Wellness?

- People spend more awake hours at work than any other place.
- 66% of our behaviors are influenced by our peers.
- It makes good business sense. The average return on investment is nearly 6:1.
- IT WORKS!-WorkWell data indicates changes in health behaviors which lead to better quality of life!
- Employers want to reward employees who show up for work ready and energized.
- We are morally responsible for taking care of our fellow man. It is THE RIGHT THING TO DO!



What You will Receive:

- Access to a state-of-the-art health risk appraisal to determine your Company's primary health concerns.
- Free customizable electronic interest survey set up for your Company.
- Free consultation to assist in writing an annual wellness plan.
- Technical assistance in following evidence-based programs.
- Availability to attend a 101 Workshop for your business in a convenient location
- Bi-annual face to face networking luncheon with fellow worksites in various Locations.
- Access to templates for model policies to create positive environmental changes.
- Free access to newsletters and customizable behavior change programs which are updated annually.

Think About it.....

Know Yourself and Your Risks

Your parents and ancestors help determine some of who you are. Your habits, work and home environments, and lifestyle also help to define your health and your risks. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Being healthy means doing some homework, knowing yourself, and knowing what's best for you. Our health risk assessment can help you determine if you are at risk.

We can help!!!

In your State-of-the-Art-Health Risk Assessment:

- You will receive your Company's aggregate report outlining your Company's health risks.
- Each participant will receive their own personal report to keep for their reference and/or to share with their healthcare provider.
- It is HIPPA compliant.
- You can compare your Company's data to like industry data and see how you measure up.
- The H.R.A. has a \$50.00 fee per company (to compile data and reports) and a \$5.00 fee per each individual.