



Health is serious business.

Are your employees healthy, focused and energized? The Maximized Living Corporate Wellness program will help you create a company-wide culture that results in fit, productive employees. Unlock the true potential of your employees by giving them tools proven to elevate performance.

This program will strengthen your bottom line. For every dollar spent by employers on health and wellness management programs, the ROI ranges from \$1.49 to \$4.91 in benefits (U.S. Department of Health and Human Services). One case study (Koffman) even managed to yield as much as a \$6 return over a 3-5 year period.

How your business benefits:

- Lowers your health insurance costs
- Increases staff morale & employee productivity
- Reduces sickness & absenteeism
- Reduces turnover and lowers your recruiting & training costs

Participation is often the greatest barrier to a corporate wellness program's success. This problem stems from offering an oversimplified solution to a complex issue. While the common approach (helping your employees lose weight) is a crucial first step, our long-term goal is to provide easy-to-use principles that help them stay healthy and energetic for life. Using the 5 Essentials of Maximized Living, the Corporate Wellness program will empower your employees and strengthen your business.

How it works

Whether your business has 10 employees at one location or thousands of employees throughout hundreds of satellite locations, this program will work for you.

- 1 First, a Maximized Living doctor will set up an interactive **health fair**. The health fair will offer a range of services used to assess your employees health and maximize engagement, including:

 - Life score assessment
 - BMI assessment
 - Spinal screening
 - Blood pressure analysis
 - Ergonomic assessment
 - Nutritional assessment
- 2 Then, the doctor will organize and host four Core Workshops (one per quarter) to address key health areas. Employees will even have access to Maximized Living's top-of-the-line whole-food health resources.
- 3 Finally, your business will have access to 52 weeks' worth of cutting-edge health information, including:

 - Health articles for your company newsletter
 - 6 issues of **Real Health** magazine

Looking to maximize participation?

Advanced resources are also available to further engage your Employees, keep the program fun and maximize results. (Advanced resources listed in detail at right.)

The Core Program is designed to meet the needs of most businesses, but the program can be tailored to meet any specific needs you may have.

Core Workshops



Advanced Resources

- Advanced Workshops**
Choose from additional health workshops to cover topics ranging from battling chronic disease to raising healthy families.
- Nutrition Plans Tasting**
This will become an employee favorite! Sample tasty Maximized Living recipes and learn about healthy meal planning.
- Team Workouts**
Keep employees motivated with team workouts. Generate amazing results without reorganizing your entire day.
- Shop with the Doc**
Join your doctor at the local grocery to learn the best foods for nutrition.
- Health Newsletter Content**
For one year, receive weekly updates that will keep your employees engaged and thinking about their health.