

Healthier employees means healthier employers.

It's no surprise that today the U.S population faces serious health issues like, obesity, hypertension, diabetes and cardiovascular disease—just to name a few. These preventable conditions have a devastating impact on your employees' quality of life and your bottom line.

The good news.

Studies show that employers who offer wellness and prevention programs reap benefits of better health for employees and improved productivity and ROI. **For example, for every \$1 invested in a wellness program companies can save \$2.73 in absenteeism costs!**¹

And now, the U.S. Department of Health and Human Services is encouraging employers to institute wellness and prevention programs under Section 10408 of the Patient Protection and Affordable Care Act. The Act allocates \$200 million in funding of grants over a five-year period to help small employers promote better health!

Wellness is Win-Win.

While grant guidelines have yet to be released, now's the perfect time to plan ahead. Contact eBenefits Group to learn more about wellness programs.

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1. Published in Health Affairs, February 2010



Employers with fewer than 100 employees who work 25 or more hours a week may apply for grants that help pay for wellness programs that meet specific requirements.

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