



**Naciminto Community Foundation  
Healthy Communities**



## ***Worksite Wellness Initiative***

### **Why would a business want to have a Worksite Wellness Program?**

Employees spend 1/3 of their time at their worksite.

The relationship between the health risks of employees and health cost to employers has been well documented.

The national average for the return on every dollar spent for worksite wellness is approximately \$3.50. This is why nearly 90% of workplaces with over 50 employees offer worksite wellness programs.

2/3 of the increased health care costs that employers are paying are a result of treating chronic diseases.

Many risk factors for chronic disease are preventable.

Worker retention and job performance are increased, while worker absenteeism is decreased.

**We would like to help your organization create a Worksite Wellness Program.**

**For more information call Anna: 505-289-3718 or 505-288-2733**

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