



# Prevention Benefits Healthy Employees Cost Less

*Cindy Cohen RN*

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## **Prevention Benefits Healthy Employees Cost Less** Cindy Cohen RN

Prevention Benefits Healthy Employees Cost Less demonstrates when the workplace experiences a wellness culture with a laser focus on the wellbeing of their employees fitness, healthy eating and stress management become the norm, instead of the exception. Employers and employees who participate in wellness programs positively impact their bottom line by lowering their healthcare bills by choosing this healthy alternative to the rising insurance rates, high cost medical services and poor work attendance due to illness. There's no denying healthy employees, create healthy companies, resulting in healthier communities. Prevention Benefits Healthy Employees Cost Less is filled with 22 experts offering useful information about how to help both you and your business be successful starting with physical and financial wellness - including the positive thinking that goes along with it. In addition, there are testimonials from companies that offer wellness programs and their employees who participated in them. Prevention Benefits Healthy Employees Cost Less is divided into two parts, what's healthy for you and what's healthy for your business. After all, you and your employees are critical to the success of your business. Prevention Benefits Healthy Employees Cost Less is an informative, educational, and inspirational hands-on book designed to help your company become healthy and productive whether it has 1 or 500+ employees. This hand book will help you create a healthy community where you work, reduce health care costs, and increase revenue.

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