

WORKWISE



HEALTHY EMPLOYEES ARE GOOD FOR YOUR BOTTOM LINE.



WORKWISE WNC: Creating a Healthy, Skilled and Ready Workforce in Western North Carolina

**For every
\$1 spent***
on wellness
programs:

- Medical costs fall by **\$3.27**
- Absenteeism costs fall by **\$2.73**

**in 2010*

Workwise WNC is a project between MountainWise, The Appalachian Regional Commission and your local Health Department.

NOT SURE HOW TO GET STARTED?

MountainWise can help!
Contact our Workwise
Coordinator, Nan Kramer at
nan@mountainwise.org

MOUNTAINwise

¹ Baicker, Katherine, David Cutler, and Zirui Song. "Workplace Wellness Programs Can Generate Savings." *Health Affairs* 29.2 (2010): 304-11. *Health Affairs*. Jan. 2010. Web. 22 Sept. 2015."

² Larry S. Chapman, "Meta-evaluation of Worksite Health Promotion Economic Return Studies," *The Art of Health Promotion*, 2003.

HELP US MAKE HEALTHIER WORKPLACES

"MountainWise, with funding from the Appalachian Regional Commission, is enrolling worksites across the region in Workwise WNC, a project that will create or enhance worksite wellness programs across the manufacturing sector in Western North Carolina."

- Focus efforts in the auto, aviation and advanced manufacturing sectors in the far west region including the following counties: Haywood, Jackson, Swain, Graham, Cherokee, Clay, Macon and Transylvania

WHY SHOULD YOU WORKWISE?

Many of the most common chronic diseases are the result of 4 modifiable health behaviors, tobacco use, lack of physical activity, poor eating habits and lack of access to clinical services. Health challenges brought about in rural areas and the high rates of chronic health conditions are associated with lower productivity, more work absences and increased work injuries, much of the financial burden of increasing healthcare costs and a progressively unhealthy population rests on employers.

WORKSITE WELLNESS PROGRAMS PROVIDE A MEASURABLE ROI BY:

Research has shown that employer-supported worksite wellness programs can

- Increase productivity: Healthy and engaged employees get more work done.
- Reducing health care costs by **26%**
- Reducing absenteeism by **28%**
- Decrease employers' disability and workers compensation expenses by **30%**

Workwise WNC will increase workers' access to health education and clinical services, leading to improved health conditions and in turn, employer's health-related costs will decline.