

All's Well ... If We Work Together

Wellness in the workplace is far from a new concept. But, like many other important initiatives, it has matured over time. Wellness is making a difference – and is poised to do so at even greater levels – in the lives of employees and the productivity of organizations big and small.

Since the Wellness Council of Indiana became part of the Indiana Chamber of Commerce at the beginning of 2011, membership has increased by more than 400%. Successful regional symposiums took place in Fort Wayne and Evansville earlier this year with more planned for 2013.



In addition, the Wellness Council recently received a state grant for a new tobacco cessation program. Tools will be available that all Hoosier organizations can access. Wellness Council members will have additional assistance available to reduce smoking, decrease health care costs and enhance your workplace culture.

You can join the movement to a healthier Indiana at the September 26-27 Indiana Employee Health and Wellness Summit. More than 500 people thought it was an excellent investment of their time a year ago. This year's event promises to be even bigger and better.

In the meantime, this issue of *BizVoice*® features wellness success stories and helpful guidance from state and national experts. Among the stories:

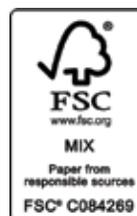
- Insights from Judd Allen, on any list of wellness authorities
- Tips on tying wellness and safety together
- Cost-effective strategies (it doesn't take big bucks to make a wellness difference)
- Often-overlooked but all-important financial wellness
- Improvement efforts in the Evansville area
- Obesity statistics that document the enormity of that challenge

Three goals in the *Indiana Vision 2025* economic development plan for the state focus on containing health care costs, reducing smoking rates and shrinking obesity levels. It's critical for you and your employees today, tomorrow and beyond.

But you don't have to go it alone. Join the wellness bandwagon as it rolls onward.

Kevin M. Brinegar
President and CEO

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