

Doing Well – in the Workplace

Higher productivity, increased employee retention and reduced health care premiums are on every employer's wish list.

Perhaps the best way to get there is implementation of a workplace wellness program, which, as an added bonus, also allows companies to demonstrate through their actions that they value their employees. Not to mention, it's the right thing to do.

According to the Wellness Council of America, more than 81% of all businesses with 50 or more employees have some form of workplace wellness initiative in place. This can be anything from making healthy snacks available to offering smoking cessation or stress management classes to implementing a full-fledged wellness program.

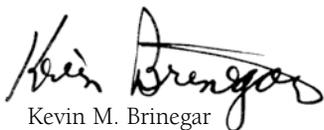
Naturally, the more comprehensive the effort, the more likely an organization is to see the value and, ultimately, a return on its investment.

Statewide, the Wellness Council of Indiana is the go-to group dedicated to improving the health of Indiana companies and their employees. The Council provides resources that promote healthier lifestyles for Hoosiers, plus evaluates and certifies workplace wellness programs.

In this first annual issue devoted to wellness in the workplace, we talk to the leaders in the field and examine options for starting or enhancing an employer program. What's more, we learn firsthand about the well-being struggles and ultimate personal victory of Valparaiso's Marci Crozier, who recently appeared on NBC's "The Biggest Loser" weight loss competition.

This issue also features another kind of check-up – on how legislators fared this past session on pro-economy, pro-jobs policies. This summary of the Chamber's annual *Legislative Vote Analysis* report includes vote scores for all 150 state legislators. Each bill used was selected based on its significant impact to the business community and their employees.

I encourage you to review Page 25 to see how well (or not) your legislators did and conduct your own evaluation of what more you can do to bring wellness into your workplace.



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