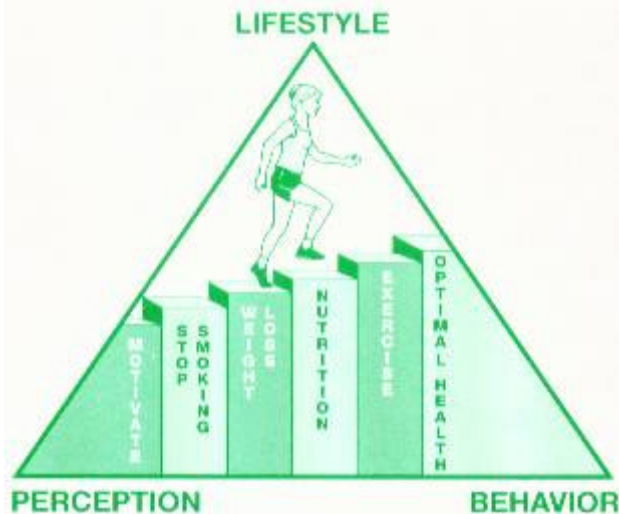


(YOU MAY NEED TO ZOOM IN TO READ BROCHURE)

Combat the Rising Costs of **HEALTH CARE**

with
**On Site Wellness
Education
and
Technologies**



Working Well, Inc.
Serving Employees of the Carolinas

About Working Well, Inc.

Today's Challenge...

The key to reducing health care costs is prevention. 100 years ago, the major health concerns were infectious diseases like tuberculosis, pneumonia and influenza. Today, our leading causes of death, heart disease, cancer and stroke are due in large part to our own unhealthy lifestyles. It is estimated that unhealthy behaviors account for...



54% of all heart disease



37% of cancers



85% of motor vehicle fatalities



60% of all deaths before age 75

The good news is these unhealthy behaviors are modifiable!

How We Do It:

Working Well's individual risk assessment provides individuals with a guide to identify those behaviors that put them at risk for accidents or illness that if modified can increase the probability of a longer, healthier life. Working Well's risk assessments provide measurable, actionable information based on medically valid precursors (weight, tobacco use, or diet for example) and statistically valid scoring algorithms.

Follow Up:

Those individuals identified as high risk in any one or more areas will be given a follow up coaching call to assess and motivate change behavior.

**The Key to Reducing
Health Care Costs
Is Prevention**

On Site Education:

- Smoking Cessation
- Weight Loss
- Motivating Change
- Healthy Eating
- Stress Management
- Types of Exercise
- Healthy Skin (Inside & Out)
- Emotional Health

Health Risk Reports:



Personal Coaching:

- Either face to face or telephonic
- Weight Management
- Stress Management
- Goal Setting
- Relationships
- Emotional Health

Working Well, Inc.

For more information about products and services

Call: 1.866.609.8744

or

e-mail at: jpworkingwell@aol.com