HELP YOUR STAFF COME ALIVE!

PRACTICAL EASY WORKPLACE WELLNESS

REAL. SIMPLE. DIRECT.
Healthy Learning at Work
WHY?

YOUR GO-TO SOLUTION FOR CREATING A CULTURE OF HEALTH IN THE WORKPLACE

➜ saves you time
➜ easy to enroll
➜ simple to deliver
➜ quick to engage
➜ add-ons when you’re ready

WHY NOT!

PREVENTIVE CARE IS THE MOST COST-EFFECTIVE STRATEGY FOR BOTH BUSINESSES AND EMPLOYEES

➜ influence corporate wellness
➜ inspire employee well-being
➜ show organizational support
➜ drive improved productivity
➜ reduce high absenteeism
➜ improve staff retention

1.5x
How much more likely an employee is to stay within an organization where wellness is actively promoted to all staff.

8x
How much more likely employees are to be more engaged when wellness is a workplace priority.

57%
The number of employees engaged in company wellness programs who agree the program improves productivity and reduces absenteeism.


**HOW?**

**WATCH YOUR STAFF COME ALIVE!**

Tips to bring practical, simple and affordable wellness to your workplace with alive@work

- Influence positive change in employee personal health and well-being.
- Engage employees right where they work—on desktop, tablet or smartphone.

**EACH MONTH**

- You receive a branded URL to your company landing page.
- You can include a message of your choosing—like corporate encouragement, a challenge to staff or a healthy living contest. (option not available at the Bronze level)
- You engage your team in each new issue through an intranet link or direct email.
- You get a list of resources and ideas to jumpstart a real conversation about wellness in your workplace.

It’s your choice: we drive the engagement; you’re in the driver’s seat!

**27%**

The amount of sick leave a targeted workplace wellness program can cut.

**33%**

The amount of compensation claims a workplace wellness program can help reduce.
WHAT YOU CAN ACHIEVE WITH alive@work

**Start and Motivate**
- Enhance your company’s commitment to total health
- Get email templates to grab your team’s attention
- Give staff quick access to cutting-edge health articles

**Fuel and Empower**
- Drive a culture of wellness and immediate action
- Get impossible-to-ignore recipe of the month
- Give staff bite-sized health facts they can act on

**Elevate and Accelerate**
- Pull ahead of the rest with comprehensive wellness
- Get alive magazine in addition to your digital content
- Give staff the most recipes of any alive@work package

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<th>alive@work (monthly digital content)</th>
<th>Your company logo added</th>
<th>Your clickable company logo added, plus permanent company message</th>
<th>Your clickable company logo added, plus company message (changed quarterly; option for monthly)</th>
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**THE F WORD**

**No Bloating**

Our Total Quality Obligation guarantees your satisfaction – or your money back.

**in vegan protein (fermentation)**

**CALL US ANY TIME TO HELP YOUR WORKPLACE Wellness program with**

- 52-WEEK WELLNESS CALENDAR
  - plus monthly list of resources and ideas to help your workplace mark every wellness day in a meaningful way

- TAKE 5 QUICK HEALTH FACTS & FEATURED HEALTHY RECIPES PDFs
  - At the Gold and Silver level

- NEWSLETTERS
  - Monthly, seasonal and effective newsletters to enhance your workplace wellness program

**MORE!**

How else we can help

**alive@work** is your partner in workplace wellness. We’re here to help.

**Alive Publishing Group** has more than 40 years of expertise providing actionable, preventive health information to readers around the globe.

We can offer layers of awareness and additional support to your workplace wellness program with these tools.

**alive MAGAZINE**

Monthly print publication focused on natural ways to live life well

**LETS WORK TOGETHER!**

Call us any time to discuss your specific needs and to explore more solutions to fit your business and employee challenges.

Phone: 604.295.9126 or 800.663.6580
For more information, contact:
• wellness@alive.com
• 604.295.9126 or 800.663.6580