



Brand images. Mission statements. Value propositions. Core Values.

## LIVE BETTER

Brand images. Mission statements. Value propositions. Core Values. Today's companies are experts at communicating their unique selling points to customers and promoting their vision among employees. Our corporate cultures are described with words like "tradition," "excellence" and "service." Yet too often, something is missing – an opportunity to enrich our corporate culture with a common goal of greater health and wellbeing. Indeed, the same group dynamic that makes us work together toward quality craftsmanship or responsive service, can inspire us to live better through healthy choices.

That's where Working for Balance can help. An easy-to-implement workplace wellness program, Working for Balance helps employees feel good about healthy choices – while employers feel good about healthier employees.

We've heard it said in countless brochures, ads and annual reports: "Our people make the difference." It's time to make this promise mean even more with Working for Balance. Because healthier people can make a greater difference together.

## PROGRAM OVERVIEW

Working for Balance is a comprehensive workplace wellness program designed to contain corporate health-related costs by helping companies promote positive changes in personal health practices among employees. Developed through a partnering of Tulsa Health Department, OU Physicians and YMCA of Greater Tulsa, the program provides the resources, education and technology to easily implement and manage a customized wellness initiative resulting in measurable outcomes.

Oklahoma ranks 49th in the 2009 Commonwealth Fund national survey for health. It's a distinction that's costly to our people, our economy and our employers. Direct costs to employers include health care expenses and insurance premiums. Indirect costs include reduced productivity and morale, along with higher rates of absenteeism, turnover, injury and disability.

Customized to Meet Your  
**GROUPS' NEEDS**

Because every company and work environment is unique, Working for Balance allows you to customize your wellness plan around your needs. Your Working for Balance Wellness Coordinator will work with your company to determine the benefits package best for you through our Assessment Package. All the components of the Working for Balance Benefits Packages are also available ala carte.

## INTERVENTION DESCRIPTIONS

- Personal Wellness Profile
- Annual Employee Health Screenings
- Health Mentor/Case Management
- YMCA Corporate Membership Program
- *You CAN do it* Program
- *Wellness Power Lunch* Lecture Series
- Individual Nutritional Analysis
- Tobacco-free Initiative Development & Support

Easy to Implement, Manage and Evaluate

## GETTING STARTED

The Working for Balance program is designed for streamlined implementation and easy, on-going management. Your dedicated Wellness Coordinator will conduct surveys and coordinate analyses, as well as provide all necessary materials, including user-friendly online resources. The entire process is designed to be exciting and motivating for your employees – and easy for the company. Take the First Step. Imagine containing your company's expenses while actually giving your employees greater benefits. Working for Balance makes it possible. Learn more about what this rewarding, easy-to-use wellness program can do for you by scheduling your Assessment Package today. It's the smart business decision for healthier employees and profits.



A collaborative effort between OU Physicians,  
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