

# HERBRUCK ALDER

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## **For Immediate Release**

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## **Herbruck Alder Survey Reveals More Northern Ohio Companies Offering Employee Wellness Programs**

**Cleveland** – Twenty three percent of Northern Ohio employers responding to a recent survey by Herbruck Alder, a Cleveland-based employee benefits firm, acknowledge that they have comprehensive wellness programs. This is an increase of 39 percent over the results of the previous annual survey.

According to Herbruck Alder’s Third Annual Employer Wellness Survey, another 17 percent of respondents are in the process of developing a wellness program.

Respondents – primarily human resources administrators -- noted that the leading perceived employee health risks are high blood pressure, smoking, and obesity.

“As medical costs continue to outpace inflation, employers are searching for effective cost-reduction strategies,” says Mark Alder, president of Herbruck Alder. “That is why programs focused on biometric screening and employee lifestyle choices are quickly becoming a key component to many employer strategies.”

Some 164 employers – private companies, non-profits, and government districts ranging from 25 to more than 2,000 employees -- completed the online survey. The results also identified best practices in wellness programs, as well their financial advantage.

Other findings:

- 51 percent offer smoking cessation programs through health plans.
- 45 percent offer weight control and/or weight loss services.
- 80 percent offer onsite food services, from full-service cafeterias to vending machines. Of those, 34 percent publish nutritional content to help employees make healthy food choices.
- 39 percent can identify successes within their wellness programs, such as employees quitting smoking, sharing healthy recipes, starting exercise programs, and participating in weight-loss competitions.

In spite of the positive results of wellness programs, the survey reveals that 61 percent of companies without a wellness program do not intend to start one because of budget constraints.

“Yet in the long run a wellness program can reduce healthcare costs,” notes Alder. “In fact, studies have proven that 70 percent of every dollar spent on healthcare in the U.S. is directly attributed to the lifestyle of the patient.”

The survey results will be presented at a breakfast on Thursday, February 11, from 8:30-10:30a.m. at the Hilton Garden Inn, 1100 Carnegie Avenue, in downtown Cleveland. Panelists include worksite wellness experts from, Herbruck Alder, COSE, the Cleveland Museum of Natural History, Be Well Solutions, and Walter & Haverfield LLP.

For presentation reservations and information about the survey, contact Alison Muth at 216.623.2600 or [amuth@herbruckalder.com](mailto:amuth@herbruckalder.com). For more information about Herbruck Alder, visit [www.herbruckalder.com](http://www.herbruckalder.com).

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