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U.S. Preventive Medicine Offers Free Employee Wellness Guide

Five Key Factors Make the Difference Between Success and Failure in Employee Wellness

Dallas, TX and Jacksonville, FL – January 26, 2010 /PRNEWSWIRE/ U.S. Preventive Medicine (www.USPreventiveMedicine.com) today introduced a free guide to help employers understand workplace preventive health care and develop effective wellness programs. “The Importance of Prevention in 2010” is available for free download at www.MoreGoodYears.com. “Understanding the issues and options for selecting a wellness program can be daunting. There are many programs to consider and several pitfalls to avoid. This brief guide helps managers understand the key issues in order to develop effective, affordable health management programs,” said Christopher Fey, chairman and CEO of U.S. Preventive Medicine. U.S. Preventive Medicine recommends the following minimum criteria for employee wellness programs:

- **Accredited.** Wellness providers should be certified by objective, third-party organizations such as the National Committee for Qualification Assurance (NCQA) and URAC, government-sanctioned accreditation entities that evaluate the soundness of a health care services provider.
- **Independent.** Because sensitive personal information is required to assess an individual’s baseline health and, therefore, critical to developing an effective wellness program, ensuring privacy and independence from employers and insurance providers is essential.
- **Personalized.** While first-generation wellness relied mainly on group weight loss and exercise programs, today’s employers should demand more comprehensive programs based on each employee’s unique health risks and wellness goals. Employers should look for one-on-one support such as personalized action plans, individual health coaching and 24/7 nurse lines.
- **Compliant.** Wellness providers should maintain the legal capabilities to comply with local, state and federal regulations governing employer/employee interaction. They should also have a strong understanding of discrimination and privacy issues.

- **Accountable.** A wellness provider should share responsibility for recruiting employees to participate in the program, persuading members to follow action plans, and achieving the projected return on investment. Program goals and measurement criteria should be outlined and agreed upon in writing before the onset of the program.

In addition to program evaluation criteria, “The Importance of Prevention in 2010” provides prevention background and statistics as well as recommendations for recruiting and motivating members, measuring return on investment and increasing the potential for success. To download the free guide, visit www.MoreGoodYears.com/the-prevention-plan-for-employers.htm.