

## Employer Wellness Solution



in Partnership with Principal Wellness Company

Have you considered a new employee benefit that can improve your overall organizational health? **Consider offering a wellness solution.**

We offer a wellness solution that will keep your employees engaged and encouraged. And with strong program support from you as well as the program's expertise, our solution can provide you with real results.

**The Product** - The solution is...

**Effective.** The product empowers you to create organizational change that complements your culture.

**Simple.** We provide you with a Nippon Life Benefits Wellness Solutions Handbook, a comprehensive yet simple tool to help you communicate the wellness solutions to your employees. The handbook provides the tools you need to successfully implement and maintain a year-round wellness solution.

**Affordable.** We know you understand the value of a comprehensive wellness program but also need to balance your budget. This wellness solution is affordable, flexible and can generate real results.

**Product Details** - We're committed to providing an overall wellness strategy that engages your employees while empowering you to change the overall health of your organization. We also offer additional tools and resources, described below, to enhance your wellness program. Those include Wellness Packs, a Resource Center, discounts, Call-a-Coach service, and a Member Wellness Portal.

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**Wellness Packs** - Wellness Packs include all the materials needed to create an employee wellness program. Each Wellness Pack will include a predetermined number of materials, such as:

- Wellness Coordinator Newsletter – 1 per pack
- Participant Newsletter – 10 per pack
- Poster – 2 per pack
- Table Tent – 2 per pack
- Seminar-in-Print – 10 per pack (used second month of the quarter)
- Challenge Tracking Form – 10 per pack (used third month of the quarter)

You will receive program materials to coincide with the program's upcoming wellness topic. You then can distribute the materials to employees and post the promotional materials in strategic locations around the workplace to promote the program and the current month's activities.

**How to Order** - A Nippon Life Benefits Wellness Web site will allow employers to learn more about wellness solutions and to order the Wellness Packs.

**Resource Center** - Employers also will be able to access a Nippon Life Benefits Resource Center Web site that includes downloadable articles for company newsletters, text for e-mails to send to employees, PowerPoint seminars, and other materials about the latest in wellness trends. It also includes suggestions for taking your wellness program to the next level.

**Discounts** - Money-saving opportunities also are available for employees. These include discounts for fitness clubs, Weight Watchers® online, hearing aids and hearing tests, dental products, and laser vision correction.

We're continually researching the addition of relationships that can provide access and cost savings to participants, as well as evaluating and negotiating current contracts.

**Call-a-Coach Service** - Participants who have questions about their risk values or need help beginning to exercise, losing weight, stopping tobacco use, or better managing stress are invited to call a toll-free number to talk with a Wellness Health Coach.

**Member Wellness Portal** - The Nippon Life Benefits Member Wellness Portal will provide employees with 24/7 access to valuable content and up-to-the-minute tools and resources, including the online Wellness Assessment. Participants will be able to access:

- A wellness program overview
- Personal profile management
- Incentive-point tracking
- Online forms
- Online seminars
- An electronic bulletin board
- The online Wellness Assessment
- Medical encyclopedia
- Self-care guide
- Nutrition information
- Exercise tips

Based on a data-driven strategy, the Nippon Life Benefits Wellness Solution creates awareness and educates and engages employees in activities throughout the year that can lead to reduced risks and better health. Implement a wellness program at a price that fits your budget today.

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