



Corporate Wellness

The Facts

U.S. businesses suffer an estimated \$20 billion loss in productivity due to employee absence caused by obesity and degenerative diseases (*eMedicine Consumer Health* 2004). Research shows that the average cost of absenteeism equates to \$327 per day absent (a company with 25 employees can expect to spend between \$24,000 and \$42,000 per year on employee absences alone).

What To Do: Choose Health

How can businesses improve the health of their employees? Demonstrate that its employees are important by providing a Health Fair that assesses the health of each employee. By helping employees identify known risks, a path is laid that moves the employee towards greater health and a business towards improved productivity.

Easy & Confidential

In 15 minutes, in a private setting an employee can get a snapshot assessment of his or her health. We come to your site to provide a confidential and personal mini assessment, including:

- * Blood pressure monitoring
- * Diabetes risk assessment
- * Body fat assessment - non-invasive and discreet
- * Body Mass Index - as a measure of weight status

The employee leaves with a confidential report illustrating where he or she falls based on established norms. The employee also leaves knowing that the employer cares, which leads to improved attitude and productivity.

Follow Up

Follow-up services available to promote optimum health and productivity:

- * After-hour classes
- * One-on-one nutrition counseling

About Us

Vicki Koenig, MS, RD, CDN more than 17 years of practical and educational experience as a Registered Dietitian and Consulting Nutritionist.

Today, she counsels people of all ages in nutrition for wellness and for diverse chronic conditions.

As a consultant to food companies and organizations, Vicki helps communicate a healthy nutrition message to consumers and fellow healthcare providers.

Vicki has maintained a local private counseling practice and national consulting business since 1987.

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