

Making Health Easier: Worksite Wellness in Pima, AZ PSA (:60)

[Announcer] When a company in Tucson saw its health care costs rising, it decided to find out if healthier employees could lead to a healthier bottom line.

[Lynn Cosgrove] Our health care claims were nearing a million dollars for our 95 employees. And as a self-insured employer, we were worried about not being able to offer insurance to our employees. So we decided to implement a wellness program.

[Announcer] Instead of making cutbacks, the company invested in ways to help employees live healthier.

[Lynn Cosgrove] We offer incentives for the employees, convenience of an onsite wellness coach who meets with each employee monthly, we have a walking path that employees can utilize during the course of the day, and we offer healthy food choices from our vending machines.

[Announcer] Creating an environment that makes healthy living easier for everyone has paid off with some pretty impressive results for both the company and its employees.

[Lynn Cosgrove] We have actually been able to lower our claims by nearly 70 percent and we've lost 440 pounds as a total, as a group, in the last two years.

[Announcer] To find out what you can do for your company, visit makinghealtheasier.org. That's makinghealtheasier.org.