

National Health Services Launches of WellnessSuite™

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National Health Services announced a new national plan now being marketed to employers: WellnessSuite™. The new plan is a Health Management Program and will be made available direct to consumers within the next 30 days, and the company expects to announce closed deals very soon, as paperwork is in progress.

My Healthy Lifestyle® WellnessSuite™ provides access to an e-Health solution and a bundle of wellness including smoking cessation, stress management and fitness training. According to Elizabeth Gannon, President of National Health Services, who developed the new wellness plan, “The WellnessSuite™ will be primarily marketed to employer groups, and it is modestly priced and centrally administered via a web based application through the My Healthy Lifestyle® e-health portal. Employees that receive the plan will enjoy on-line classes and training at their convenience and on their own time and in the privacy of their own home.”

Employee wellness statistics are fairly conclusive - employee wellness programs do work. In a Center for Disease Control study by Dr. Ron Goetzel of Cornell University, results showed that employee wellness programs do work, recouping employee wellness program expenses in 5 years if implementers can whittle down employee health risk factors by a mere point two percent (.2%). In his Dow Chemical case study, Goetzel found that Dow would reap a stunning 300% ROI if it managed a 1% risk factor improvement. With the company's large size, at that improvement level, employee wellness programs do work to the tune of \$50 million, or \$10M per year.