

BENEFITS

OF PARTICIPATING IN OUR
WELLNESS PROGRAM



What can our wellness program do for you?

Do you strive to live a healthier lifestyle, but lack the time or motivation to make a change? Look no further than our wellness program!

- We provide resources to help you reach your health goals.
- We can help you discover ways to fit healthy eating and exercise into your workday, so that it becomes a manageable part of your life.
- Encourage coworkers to participate with you and you'll have an immediate team effort—you'll never feel alone in your quest to adopt healthier habits.

Other benefits of joining our wellness program:

- By participating, you can take advantage of great incentives from the company.
- As you become healthier and lower your health risk factors, you will eventually save money on your health care costs, either through lower premiums or fewer medical bills.
- Although you may not see immediate results, you'll feel the difference within a few weeks—including more energy, lower stress levels and better sleep at night.



Provided by: M3 Insurance

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