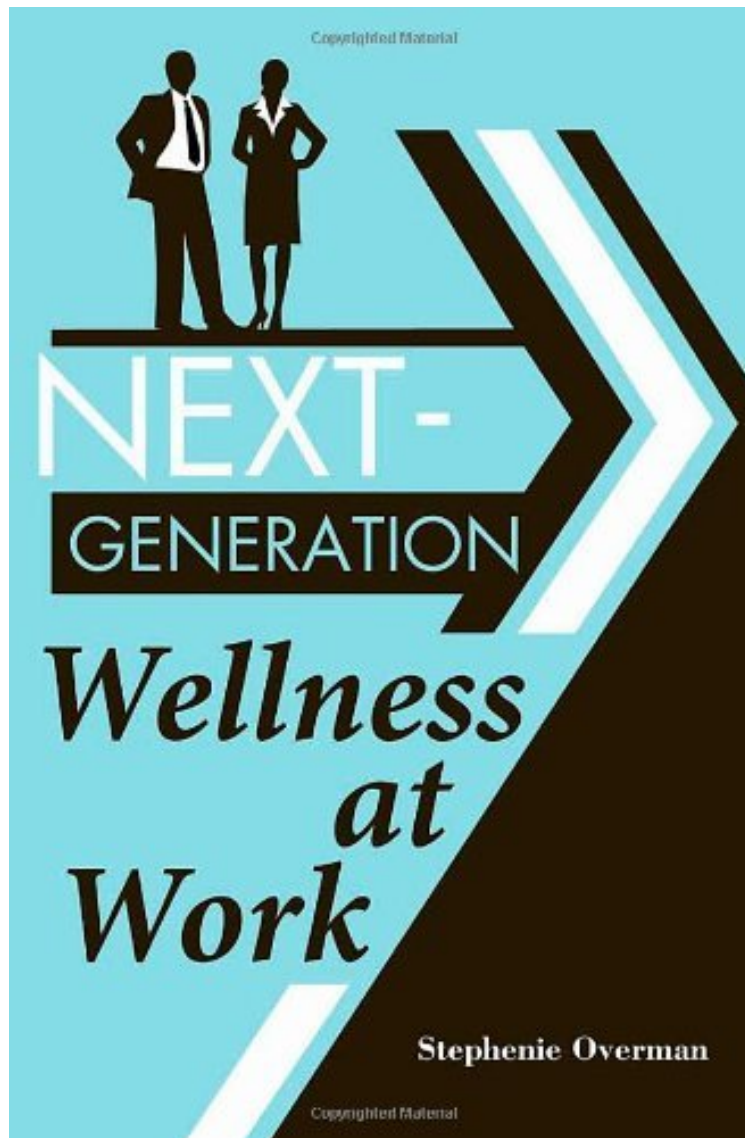


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## Next-Generation Wellness at Work

*Stephenie Overman*

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**Stephenie Overman : Next-Generation Wellness at Work** before purchasing it in order to gage whether or not it would be worth my time, and all praised Next-Generation Wellness at Work:

0 of 0 people found the following review helpful. Five StarsBy Diana Micklehelped me design a program at my workplace4 of 4 people found the following review helpful. Great for anyone interested in workplace wellness.By Diana BuckleyThis book has great information for managers charged with developing a wellness program. The issues discussed are relevant in today's business environment and it offers workable solutions. I would recommend this book for all involved with wellness programs regardless of the size or type of business.0 of 0 people found the following

review helpful. Wellness matters! Buy this book!!By Bruce L. TulganStephanie Overman knows what she is talking about! This book is what you need to understand "wellness" today, the challenges and the solutions.

Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. Next-Generation Wellness at Work tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier?and more competitive?workplace.

"Noting that wellness programs are now a part of a company's overall healthcare strategy, Overman outlines how businesses can create a program that will help save on insurance premiums, increase employee productivity, and enhance the employer brand. Using examples from successful companies, she shows managers how to build wellness programs, with discussion of how to get senior-management buy-in; build a team to design the program; and create programs that help with diet and mental health, offer rewards, and provide health assessments, medical clinics, or fitness centers. She also discusses using community resources and addressing diversity." - SciTech Book News  
About the Author  
Stephanie Overman has written extensively about healthcare and wellness for publications including HR Magazine, Employee Benefit News, The Los Angeles Business Journal, and Physicians Financial News. A former senior writer for the Society for Human Resource Management's HR Magazine, she is managing editor of the Society's Staffing Management magazine.