

## Achieve A Healthier Bottom Line

Reining in health-care costs, boosting productivity and retaining quality workers are keys to a healthier bottom line. The right corporate wellness program can help you achieve all of these goals.

Dimensions in Health tailors programs that reduce sick time, improve energy levels, sharpen focus, enhance morale and increase productivity. We provide front-line employees and executives alike with the tools they need to become healthier, happier and more productive.



## Workforce Series

Our Workplace Series is aimed at front-line employees. Workshops are delivered monthly and include easily implemented strategies, as well as hands-on exercises that reinforce learning. Assignments are provided between workshops, and progress is reviewed each month.

This model provides employees with feedback and reinforcement. Group coaching also fosters peer support. One-on-one counseling sessions can also be scheduled, allowing employees to receive customized coaching and share sensitive information they might not feel comfortable revealing to the group.

## Executive Sessions

Leadership coaching has long been viewed as an effective way to maximize your investment in the people who run your company. But the money you spend on training may be lost if your executives lack the focus and energy to sustain their commitment to change.

Dimensions in Health can help your leaders perform at the top of their game through individualized and intensive one-on-one sessions designed to put them on the fast track to wellness.

## Consulting Services

Dimensions in Health is committed to helping you create a healthy culture throughout your workplace. We offer a variety of consulting services geared to that end, most of which are provided at no additional cost.

Luncheon meetings, holiday parties, vending machines and cafeterias all have their nutritional pitfalls. But with proper planning and execution, they can all be vehicles for attaining your company's wellness goals.



## What Research Reveals

More than two-thirds of the U.S. population is overweight, leading to \$51.6 billion in direct medical costs and **\$3.9 billion in lost productivity**, reflected in 39.2 million lost work days, 239 million restricted-activity days, 89.5 million bed days and 62.6 million physician visits.

— *The 17th World Congress on Safety and Health at Work*

Presenteeism (lost productivity due to employees being on the job but not fully engaged, largely due to personal health issues) **costs** American businesses **\$150 billion annually** in direct and indirect costs.

— *The Harvard Business Review*

A growing number of companies are embracing **education-based, multi-year, holistic health care programs** that drive behavior change.

— *Hewitt Associates*

## About The Founder

Dimensions in Health was founded in 2002 by **Carol A. Wagner**. A former Director of Leadership at a *Fortune 100* company, Carol has 18 years of experience in executive development and seven years in wellness consulting. She holds master's degrees in counseling psychology and holistic nutrition, and has training and certification in several nutritional disciplines.

## What Our Clients Have To Say

“Changing behavior is one of the toughest jobs out there. It takes constant reinforcement. Carol's program has an effective blend of education, implementation and feedback. She creates the imperative, instills the knowledge and provides the educational structure necessary for a wellness program to work.

We see these programs as an investment that not only benefits our people and their families, but also addresses escalating health-care benefit costs. We are pleased with this program and plan to continue with it, along with our commitment to our employees.”

— *Rick Streicher,  
President & CEO, Richco, Inc.*

“It really hit me one afternoon during a 3 o'clock meeting with some of my direct reports. The effort I was making to eat the "right" foods and with greater frequency was having a real effect on my energy level. While they were dragging and losing steam I felt like I was just getting started! I'm a believer.”

— *Zachary D. Lazar, Jr.,  
Midwest Regional President,  
Harris Private Bank*

