

Description

Employees at many corporations are driving up the cost of health insurance. In many companies, ten percent of the workers use up to 80 percent of the health care resources. Health insurance premiums are rising 10 to 20 percent per year and these costs come directly off the top of corporate profits.

Objectives

After your training program, the trainees should be able to:

- Learn how to improve health habits.
- Discuss physical, mental, and occupational health issues.
- Discuss company wellness programs.

Audience

This course is designed to help all employees become more familiar with health care concerns and to show how they can take steps to improve their health.

Requirements

There are no regulatory requirements to train employees on wellness programs.