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IWIF Promotes Workplace Wellness Month

(TOWSON, MD) – This week marks the start of Workplace Wellness Month in Maryland, a public-outreach initiative sponsored by IWIF Workers' Compensation Insurance that promotes the benefits of a healthy workforce. The month-long campaign seeks to educate independent insurance agents, IWIF policyholders and Maryland-based employers and their employees about the benefits of creating a workplace wellness program. Information is also available that outlines the 10 simple steps employers can take to implement a wellness program, as well as how to develop a company-wide wellness strategy.

“A workplace wellness program can help employees safely live and work to their fullest potential,” said IWIF President and CEO Tom Phelan. “Most working Americans spend the majority of their waking hours at work. Therefore, employers are in an ideal position to provide not only a culture of safety, but also a culture of health and wellness in the workplace.”

Business owners should know that studies show that certain unhealthy behaviors of employees have been linked to increased costs of workplace injuries. These studies indicate injured workers who smoke, are overweight/obese, or have uncontrolled diabetes often have been linked to longer recovery times, medical complications, delayed return-to-work, and may ultimately increase workers' comp claim costs.

Workplace wellness programs create a win-win situation for employers and employees.

Companies win with:

- Increased performance and productivity
- Reduced healthcare and insurance costs
- Fewer/less costly workplace injuries
- Decreased absenteeism
- Higher employee morale
- Improved company image

(more)

Employees win with:

- Better overall health, both on and off the job
- Reduced stress
- Increased well-being
- Greater job satisfaction
- Greater loyalty to their employer

“I encourage employers to work with their insurance agents, healthcare providers and IWIF as they look to create or re-energize a workplace wellness program,” said Phelan. “We can all start to take small steps to improve the overall health of our workforce.”

IWIF offers free information, tips and other resources on its website (www.iwif.com) to help employers identify the steps needed to create a wellness program.

Established in 1914, IWIF is the leading writer of workers' compensation insurance in Maryland.

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