



Why Employee Wellness Programs at TAC?

- Health Care costs due to lifestyle chronic risk factors are costing average to mid sized companies in today's world.
- The TAC health promotion program addresses these issues
 - * costs from absenteeism and "presentism"
 - * costs related to lack of enough related physical activity, for health and age related risk factors
 - * costs related to chronic risk factors from too many poor daily "eating opportunities"
- The TAC health promotion program designs workplace wellness program strategies that DEFER THE PROGRAM SERVICE COST TO THE EMPLOYEE
- The TAC health promotion program designs workplace wellness program strategies that compliment the new HEALTH SAVINGS ACCOUNT and "SELF DIRECTED" HMO AND PPO PLANS

Health Promotion Dir. Mike Waters would like to sit down with you and discuss further FREE employee wellness program offerings and strategies.

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For more health and fitness information go to www.timberhillac.com