



HEALTH CARE COALITION
OF LAFAYETTE COUNTY

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FOR IMMEDIATE RELEASE

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The HCC Launches Virtual Fitness Tool, ***Wellness Works!***

WEB SITE IS DESIGNED TO HELP COMPANIES DEVELOP WORKPLACE WELLNESS PROGRAMS, REDUCE INSURANCE PREMIUMS

September 1, 2009 – The Health Care Coalition of Lafayette County has launched ***Wellness Works!***, a virtual fitness web site designed to help employers develop effective workplace wellness programs.

“The premise behind this site is to provide employers with resources to establish healthier lifestyles among their employees,” said Toniann Richard, HCC’s executive director. “Healthy employees equate to a happier, more productive and less stressed-out workforce. The research shows that workplace wellness programs have been instrumental in reducing hospital stays, sick days, and even insurance premiums. With these benefits, everybody wins.”

Wellness Works! enables employers access to cumulative records that track average blood pressure, stress levels, waist inch gains and losses, weight gains and losses, rate of smoking cessation, employee physical activity hours, among other things.

Upon site registration, employees will have access to a variety of health assessment tools including:

- **BMI/Obesity analysis**
- **Caloric Intake**

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- **Full body analysis**
- **Target Heart Rate**
- **Calories Burned**
- **Stress analysis**
- **Headache log**
- **Physical activity converter**
- **Physical activity log**

This information is password protected and is only available to the site registrant. Employers will receive cumulative reports only. To ensure that employer reports are as accurate and up-to-date as possible, employees will receive automatic reminders to update their personal and private assessments.

Employers can leverage this data to rally their health insurance provider for reduced premiums. The site also offers case studies that reveal how other companies and organizations have done the same. Pathways Community Behavioral Healthcare is one case in point.

Additionally, the site offers a variety of health and wellness information that targets, men, women and seniors, motivational tips, interactive FAQs and much more.

Lexington R-V School District has volunteered to pilot the **Wellness Works!** project.

To access the site, visit www.wellnessworks.hccnetwork.org. To schedule a workplace wellness consultation, a site demonstration, or to volunteer to pilot the program, contact the HCC at 660.259.9019. Also, visit the site and register for the **Wellness Works!** [newsletter](#).

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