

It is no secret that our healthcare system is in crisis.

Medical claim expenses are spiraling out of control and most employers cannot afford the escalating costs.

But what is the solution?

Let's first define the problem.

The CDC (Center for Disease Control) recently reported that 90% of all healthcare claims are caused by preventable health risks! If 90% of all claims can be avoided with good health, the solution then is easy: improve your members' health and you will reduce your claim costs.

But, how do you, as an employer, improve your employees' health?

Only the individual can improve his own health. A person's health will only improve if he wants it to and then makes the necessary changes.

The real challenge, then, is empowering people to change.

Employers need to motivate their members to want to improve their health and provide them with the tools they need.

This is the mission of The 7 Habits of Healthy People

A different approach to healthy employees

For most, adopting healthy behaviors involves great change. It is widely accepted that change is a gradual process that proceeds through six (6) specific stages: pre-contemplation, contemplation, preparation, action, maintenance, and relapse. The success of our efforts greatly depends on our 'readiness to change'.

Most wellness programs and initiatives influence only the individuals who are already in the action stage, having little to no impact on those who are not ready to act. What good is offering a smoking cessation program if your employees don't want to quit?

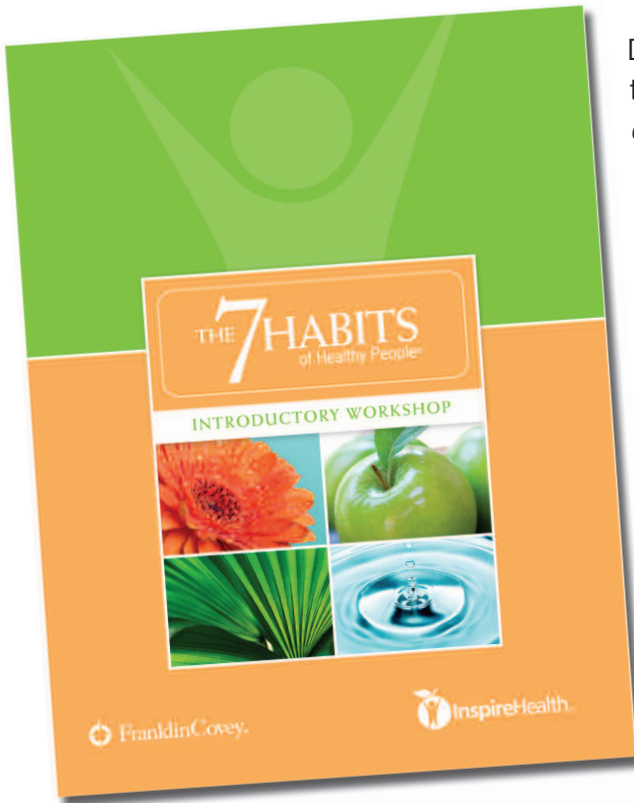
With The 7 Habits of Healthy People program, you can impact individuals, no matter where they are in their journey of change. The power of this workshop is that it motivates ALL people to want to be healthy, and provides them with indispensable tools and information to achieve that goal.



InspireHealth
CONSULTING & TOOLS



The 7 Habits of Healthy People Program



Developed with FranklinCovey, the global leader in effectiveness training, this workshop is based on the principles and concepts of *The 7 Habits of Highly Effective People*, written by Dr. Stephen R. Covey.

Dr. Covey is the recipient of acknowledgments ranging from the Time Magazine 25 Most Influential Americans, to International Man of Peace, to the National Fatherhood Award, as well as eight honorary doctorate degrees.

In 2002, *The 7 Habits of Highly Effective People*, an international best-seller, was named by Forbes magazine as one of the 10 most influential business books ever. It is also the best-selling audio book in history.

The 7 Habits of Healthy People is a 1/2 day workshop that focuses the timeless principles of the 7 Habits on personal health. Participants will learn how to apply the 7 Habits to their own health challenges to create and sustain positive change. In addition, participants will leave with a vision of what their health should be and how to achieve it.

What Participants Will Learn

- How your health impacts your future and your potential for success in all areas of your life
- How to improve focus, consistency and balance in regards to your health
- How to develop healthy habits to fulfill your goals.
- The importance of responsibility, accountability, and commitment to your health
- Skills for integrating healthy initiatives into your life
- How to reduce the opportunity for unhealthy behaviors by understanding exactly what you can influence

What is Included in the Workshop

Applying the 7 Habits of Healthy People Program begins with the workshop and continues as an ongoing process into your employees daily lives. We have created materials that will support what you learn not only for the day you attend, but also for the weeks, months, even years ahead.

- A participant guidebook
- A 31-day sample planner
- 7 Habits for 7 Days commitment guide
- 7 Habits wallet guide
- Healthiest Self pocket guide
- 7 Habits audio CD narrated by Stephen Covey

