

The Small Business Wellness Program for Somerset County businesses can help you to implement a simple wellness program that will:

- Establish healthy worksite policies
- Provide your employees with opportunities for better health
- Increase the productivity of your employees
- Bring in big returns for your business

## Ready to enroll?

Contact us for more information, or to schedule a free worksite screening.

207.474.7473 or  
bprimmerman@rfgh.net



# Wellness at Work in Small Business

Keeping your workforce  
and your business happy,  
healthy and well.



Funding provided by a generous grant from the  
Maine Health Access Foundation

THE  
SMALL BUSINESS  
WELLNESS PROGRAM

## Cost savings for your business

Sick days slow your company's production and bring down your team's spirits, but a simple and cost-effective wellness program can go a long way to improve morale and your bottom line.

Investing in the health of your employees will save you money in the long run. It is proven that every \$1 invested in a health and wellness program for your business will save your company up to \$5 in health and safety costs.



## Good health for your employees

A wellness program will keep your workforce and your business happy, healthy and well by creating a healthy workplace environment.

By making simple changes at your worksite, your employees will benefit from:

- Improved health
- Decreased doctor and hospital visits
- Reduced absenteeism
- Increased productivity



## An easy-to-implement program

When you enroll in The Small Business Wellness Program for Somerset County businesses, you'll have the full support of the Greater Somerset Public Health Collaborative to guide you through the program:

- We provide on-site training
- We offer simple wellness tips and ideas to educate your employees about good health
- We answer all your questions and regularly check in on the success of your program.

The cost to implement this program is likely less than the cost of a single missed day at work by one of your employees.

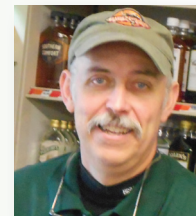
## PROVEN SUCCESS IN LOCAL BUSINESSES

“With this program, our employees feel more valued and they are healthier. We are all for one, here.”



**Todd Smith, owner,  
Maine Fire Equipment**

“This program helps me offer my employees something extra that is important to them. If I can keep good employees, I don't have to pay to train someone new.”



**Ray Levesque, owner,  
Bishop's Store in Jackman**

“It has been wonderful to access wellness policies and resources through this program.”



**Amber Lambke, owner,  
Somerset Grist Mill**