

Tips for Talking to Your Employees

As the CEO/Owner of your company, you may not be the picture of good health. However, you still want to be a strong supporter of the program and embrace the healthy lifestyle methodology. If your goal is to convey to your employees that you intend to engage in healthy habits right along with them, then we've created some helpful tips to help you do just that.

How do you come across to your employees as a sincere and willing program participant?

Example 1: If You Are ... Overweight

Almost everyone could stand to lose a little weight, me included. If you are mild to moderately obese, you are at greater risk for heart disease and as well as being susceptible to many other health concerns. Being a part of Optima Health's Healthy at Work Program affords us the opportunity to get healthier. I'm in the same place you are and want to become a healthier version of myself. Let's get started.

Example 2: If You ... Smoke or Use Tobacco Products

Have you ever tried to quit using tobacco? I have with little to no success. It left me feeling like a failure. If you've had a similar experience, don't despair. I'm dedicated to becoming involved in the Optima Health Healthy at Work with the intent of quitting tobacco for good. Join me and your fellow co-workers in getting on the path to good health.

Example 3: If You ... Have a Health Condition

Millions of Americans don't take the necessary steps to avoid the onset of disease. I personally have struggled for years/months with the symptoms that could have been avoided. I have (NAME DISEASE) and I don't want to be a victim. I want to be an active participant in my health. Get engaged and join me as I work with Optima Health to improve my disease state. Healthy at Work helps me get one step closer to improved health.