



cayenne

wellness center and children's foundation

EAP Corporate Wellness Program

Each year, one out of five employees faces a significant problem that disrupts life at home and reduces productivity at work. That's why it's so important to have an EAP that provides the broadest possible menu of services to address those problems. Rejuvenate and inspire employees with our customized, engaging seminars on healthy living for busy professionals, stress management, massage, acupuncture, and cooking classes.



BENEFITS OF CAYENNE WELLNESS CENTER'S CORPORATE WELLNESS PROGRAM

Our EAP Corporate Health and Wellness benefits includes ...

- **Counseling:**
 - Mental and Behavioral Health issues. A new found zest for life.
 - Job Satisfaction. Heightened job satisfaction from stronger work-life balance habits and improved productivity due to enhanced stress management skills.
 - Loss and Grief
 - Family violence
 - Separation or divorce
 - Self Esteem. Renewed self-confidence as a result of improved self-care routines
 - Stress management techniques that can be done anywhere, anytime
 - Health and Wellness. Sharpened focus and increased energy from healthier food choices
 - Chronic illness or Acute Illness (i.e., cancer)

- **Preventive care:**
 - Health and Wellness seminar to your employees (twice a year)
 - Quarterly newsletter

HEALTH IS WEALTH.

*Experts suggest that 90% of all medical expenditures are spent in treating preventable disease. Providence Health Care in Washington found a 28 percent reduction in the use of its health-care plan as a result of instituting a “wellness challenge.”

*Employee absenteeism from lifestyle-related illness is costing companies billions of dollars annually.

*For every \$1 spent on wellness programs, employers can expect a return of \$2.30 to \$10.10.

*A wellness program instituted at Berk-Tec, a manufacturing plant with 1,000 employees, reduced health-care costs in one year by an average of 18 percent.

*A municipality in California offered classes and fitness training in an attempt to reduce back problems among staff. Workers’ compensation claims went down, as did medical costs and sick days related to back injuries.

"The savings to your company from instituting health and wellness programs are very real. The benefits go beyond monetary savings to include reduced absenteeism, higher productivity, fewer injuries and increased morale." **-The National Federation of Independent Business (NFIB)**

“Studies show that stressful working conditions are actually associated with increased absenteeism, tardiness, and intentions by workers to quit their jobs - all of which have a negative effect on the bottom line.” **-National Institute for Occupational Safety and Health (NIOSH)**

NIOSH research has identified organizational characteristics associated with both healthy, low-stress work and high levels of productivity.

“Health care expenditures are nearly 50% greater for workers who report high levels of stress.” **-Journal of Occupational and Environmental Medicine**

"According to data from the Bureau of Labor Statistics, workers who must take time off work because of stress, anxiety, or a related disorder will be off the job for about 20 days." **-Bureau of Labor Statistics**

Annual Fee Schedule for the EAP Health and Wellness Corporate Program

Peace Plan¹: The cost of your annual membership is \$2,100.00. This includes receiving our quarterly newsletter, and a Cayenne Wellness Center professional presenting a health and wellness seminar twice a year to your employees at your office. With the Peace Plan, we will provide your employees emotional support for a wide range of personal and work-related problems that may otherwise interfere with their daily lives. A total of twelve sessions are available to your staff, either at our Glendale office or at yours.

Joy Plan¹: The cost of your annual membership is \$3,510.00 (a 10% savings) and would include all of the above, offering 24 (instead of 12) psychotherapy sessions to your staff, either at our Glendale office or at yours.

Happiness Plan¹: The cost of your annual membership is \$5,130.00 (a 10% savings) and would include all of the above, offering 36 psychotherapy sessions to your staff, either at our Glendale office or at yours.

¹ Each plan consists of a minimum number of sessions available throughout the year. Contact us if you wish to purchase more sessions for your employees.

Cayenne Wellness Center and Children’s Foundation (a non profit organization) mission statement reads: Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.