



MEDIA RELEASE

For Immediate Release

December 29, 2008

Tri-City Regional Chamber's January Network Tri-Cities Membership Luncheon: Healthiest State Employee Wellness Program

Tri-Cities, WA- Please join us as we kick off another exciting year of Network Tri-Cities Membership Luncheons. Greg Vigdor, President & CEO of the Washington Health Foundation will speak about the Healthiest State Employee Wellness Program. Get healthy in 2009!

Program: Healthiest State Employee Wellness Program
Speaker: Greg Vigdor, President & CEO – Washington Health Foundation
Date: Wednesday, January 21, 2009
Location: Clarion Hotel & Conference Center
1515 George Washington Way, Richland

Time: 11:30 a.m. – Registration & Networking
12:00-1:30 p.m. – Program & Lunch

Cost: \$17 Members with RSVP prior to 1/16/08
\$22 Non-members or with RSVP after 1/16/08

Tri-City Regional Chamber Offers Healthiest State Employee Wellness Program a FREE Way to Improve Health & Increase Productivity

The Tri-City Regional Chamber is pleased to partner with the Washington Health Foundation to bring you a FREE way to increase the health and productivity of your workforce. The Healthiest State Employee Wellness Program is a no-cost way to engage your employees in healthy behaviors at work and at home—and to get some great tips on how to support health as an employer.

This program is presented in partnership by the Washington Health Foundation's Healthiest State in the Nation Campaign and Elements Health Plan. It offers unique online tools for both employers and employees.

For Employers:

- Offer your employees access to great tools on the web
- Get aggregate Health Risk Assessment data on your workforce
- Engage employees through fun, statewide challenges and healthy competitions with other businesses—and set up teams for your employees
- Access great tips for how to hold healthy meetings, how to promote health and more
- Download free marketing materials such as employee memos, newsletter articles, posters, paycheck stuffers and more!

For Employees:

- Free, online access to health tracking tools including physical activity, nutrition, water, sleep, weight, oral health and tobacco cessation
- Access the exclusive Mayo Clinic health conditions database, not available to the public
- Take a Health Risk Assessment to see where they are doing well, and where they can make some changes
- Find healthy recipes and online cooking demos through the World's Healthiest Foods
- Join teams that the employer establishes for fun, friendly competition and more!

To learn more about the Healthiest State Employee Wellness Program or to get started, visit www.HealthiestState.org/EmployeeWellness. For further information, please contact Gina Legaz at the Washington Health Foundation at 206-438-6110 or GinaL@whf.org.

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