



wellness@WORK

Please visit the Wellness@Work website:

www.healthoregon.org/wellnessatwork

You'll find:

- Free worksite wellness assessment
- Customized recommendations
- Employer success stories



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Employers that are serious about wellness can adopt strategies that reduce medical costs, sick leave and workers' compensation by more than 25 percent.

Explore free and low-cost strategies to control healthcare costs, energize employees and retain good workers at www.healthoregon.org/wellnessatwork

Join the movement! Download the Wellness@Work button from our website and place it on your website to show your commitment to wellness.

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