



## Join the Leaders in **WELLNESS**

As an active member of EFHC, you will have numerous opportunities to learn about worksite wellness and to network with other professionals. Benefits of membership include:

- Education and tools about worksite wellness
- Professional development programs and speakers
- Networking with leading worksite wellness professionals
- Recognition and promotion of your participation in EFHC
- Membership directory

Be a part of the area's leading group on worksite wellness. Membership is free.

To apply, go to [www.scph.org/efhc](http://www.scph.org/efhc) to register and complete the CDC Worksite Health ScoreCard.

## Partners

*Akron Children's Hospital*  
*American Heart Association*  
*Centers for Disease Control and Prevention*  
*City of Akron*  
*City of Green*  
*Cuyahoga Falls Chamber of Commerce*  
*Cleveland Clinic Akron General*  
*The Goodyear Tire & Rubber Co.*  
*Greater Akron Chamber of Commerce*  
*Northeast Ohio Medical University*  
*Social Services Advisory Board*  
*Summa Health System*  
*Summit County Executive Office*  
*Summit County Safety Council*  
*University of Akron*  
*Vantage Aging*

### **Administered by:**

*Summit County Public Health*



## For More Information

Summit County Public Health  
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[scph.org/efhc](http://scph.org/efhc)



**EMPLOYERS**  
FOR **HEALTH**  
*Consortium*  
—Akron, OH

KEEPING OUR REGION'S  
*BUSINESSES*  
**HEALTHY**

# Why Employees Health **MATTERS**

Businesses cannot be competitive without healthy employees. Healthier employees are more productive and have lower health care costs over time.



## Did You Know?

According to several studies:

- Four of the 10 most expensive health conditions for employers — high blood pressure, heart attack, diabetes and chest pain — are related to heart disease and stroke. Heart disease and stroke are the first and fourth leading causes of death in Summit County.
- Tobacco use also contributes greatly to direct medical costs and lost productivity. The smoking rate for Summit County is about 21%, compared to 14% nationally.
- Health care costs for people with a chronic condition are five times higher than for those without such a condition.
- Productivity losses linked to absenteeism cost employers about \$1,685 per employee each year.

## The Benefits of Wellness

A healthier employee population can:

- Decrease employer health care costs
- Decrease absenteeism
- Increase productivity and decrease presenteeism
- Increase employee morale
- Increase employee recruitment and retention
- Build a healthier and more vibrant community



## What Can Employers Do?

Employers can support healthier behaviors and a healthier work environment through worksite wellness programs. These programs offer activities and/or establish policies that promote better employee health and improve health outcomes. Worksite wellness programs can be structured according to the financial and human resource capabilities of the business.

Sample activities and policies include:

- Offering health assessments and screenings
- Providing educational materials that address various health topics
- Posting signage encouraging stair use and reminders to stand and move throughout the day
- Developing a smoke-free workplace policy

## Employers for Health

Employers for Health Consortium (EFHC) is a group of forward-thinking Akron-based employers working collectively across industries to improve the health of its workforce and the community.

Its mission is to improve workplace wellness in the region by providing information and tools, professional development, and networking opportunities.

EFHC services help business members and the the region achieve:

- Cost-effective and high-quality worksite wellness solutions;
- A healthier workforce that is more productive in their individual jobs, thereby creating better worksite performance;
- Involved and resilient employees who can efficiently meet the challenges of balancing today's work and family environments;
- Worksites that are the best places to work; and
- A culture of health.

