

## Community Wellness Program Benefits

### Benefits to the Company or Organization

Whether you are a small business with fewer than 50 employees or a community organization with over 1,000 members, the KHC Community Wellness Program provides the following benefits:

- Absolutely no cost to the company or organization
- Program materials provided for distribution to your employees or membership
- Free onsite Health Fairs and Health Management Workshops for your employees or membership
- Promote healthy lifestyle, weight and stress management techniques, resulting in reduced absenteeism, increased productivity and overall wellness
- Retention building benefits for your employees or membership at zero cost to your company or organization

### Benefits to the Employee or Member

- Free initial consultation, X-rays and treatment for employees and their immediate family members
- 20% discount on all services rendered for employees and their immediate family members (often results in little or no out-of-pocket expense on qualified health insurance plans)
- Convenient south Tulsa location
- Open until 6:00 p.m. Monday – Thursday



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Tu, 2:30 - 6 • F, 9 - noon



## Community Wellness Program





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**Ken Healthcare Center** is pleased to offer to Tulsa area employers and organizations our Community Wellness Program. This program can be offered to your employees or group members as an added benefit; thus allowing you to address many health and wellness concerns facing employees today.

**At absolutely no cost** to the company or organization, Ken Healthcare Center provides to qualified employees or group members, and their immediate family members these benefits:

- Free initial consultation and X-rays
- 20% discount on future services rendered following the initial consultation (discount usually covers any out-of-pocket expense required by copays)

**In addition**, Ken Healthcare Center will conduct free, on-site Health Fairs and Health Management Workshops for your employees throughout the year. Health Fairs give your employees the opportunity to meet with one of our licensed chiropractors for an initial consultation and preliminary health screening.

**Our Health Management Workshops** cover topics including Weight Management, Stress Management, and Pain Management to name just a few.

## Improving Employee Health, Wellness and Satisfaction

### Employee Retention and Satisfaction

In a market where skilled staff is in high demand, factors including employee engagement, morale, and loyalty are vitally important. Industry experts agree that salary alone does very little to ensure long-term employee satisfaction.

**Whether your challenge** is to improve retention, increase morale, or to become an employer of choice, the key to winning and keeping employees is to develop a mutually satisfying and committed relationship with your employees.

**Today's employees** have increasingly hectic work and personal lives. Encouraging your employees to manage and maintain their good health and wellness helps you protect the welfare of your work force. It also shows your employees that you value them and are committed to their well being.



## Employee Health and the Bottom Line

**Recent studies** have shown that corporate health benefits cost the average company 45 percent of its after-tax profits. Research further implicates stress in 60 to 90 percent of reported medical problems. But medical problems and stress affect the bottom line in many more ways than health care costs alone.

**Absenteeism**, work-related accidents, customer service problems, grievances and litigation are just a few additional ways in which poor employee health affects the productivity and profitability of a company. Finally, increasing health care costs, copays and deductibles can often times deter employees from seeking care.

**For more information,  
or to join our  
Community Wellness Program,  
please visit us online at  
[www.khc.com](http://www.khc.com).**