



wellness matters®

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Four Issues per Year: Spring • Summer • Fall • Winter
A French version, *Pause Santé*, is also available

RATES

ISSUE DATES

Annual Cost (4 Issues)				Issue Date	Order Deadlines and Logos Due
		No Logo	Corporate Logo		
No. of Employees	100	\$400	\$600	Spring (March)	January 8
	150	\$600	\$800	Summer (June)	April 9
	300	\$1,200	\$1,400	Fall (September)	July 6
	500	\$1,800	\$2,000	Winter (December)	October 4
	1,000	\$3,200	\$3,400		
	2,500	\$7,000	\$7,200		

Rates do not include GST/HST. Rates include delivery of low-resolution PDF to one email address.

Corporate Logo Specifications:

Customize *Wellness Matters* with your corporate logo, positioned on the front cover to the right of the masthead. Your logo will appear approximately 1³/₈" wide x 1¹/₂" high. Please supply your logo as a digital file (EPS, TIFF, Photoshop native [psd], Illustrator native [ai], or JPG). Call your sales representative for further details.

We have **employees.** (We require you to subscribe for all employees). Please include our corporate logo.
Please send *Wellness Matters* **OR** *Pause Santé* **Both English & French versions** (\$100 additional cost applies).

This publication will only be made available to our employees as defined, who may reproduce it for themselves and their immediate families. We understand and agree that none of the contents may be passed on to other persons, organizations, divisions, departments, branches or affiliates in any form without the express written consent of the publisher.

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wellness matters®

“Wellness Matters is a valuable source of information and is enjoyed by all our staff.”

Roni Spetalnick,
Assistant Superintendent,
Regina Public School Board

“Excellent newsletter, very informative. Always has articles about lifestyle questions I often think about! Keep up the good work.”

Terry Boehmer,
Traffic Officer,
Saskatchewan Highways and Transportation

In 2005, the average Canadian worker missed 9.6 work days at a total cost of more than \$17 billion to employers.

How much did it cost you?

(Source: Statscan)

Absenteeism Costs You Money

Your employees are your company's most valuable asset, and when they're off the job due to health-related or stress-induced illness, it costs you money:

- The cost of lost time;
- The cost of lost productivity;
- The cost of replacement workers or overtime hours for existing staff;
- The long-term cost of increased employee health benefit premiums.

Health Promotion Saves You Money

In today's competitive workplace it pays to invest in your employees' health and well-being. Companies that offer employees access to wellness programs enjoy a significant reduction in health- and stress-related absenteeism. Healthy employees also enjoy greater job satisfaction, further reducing the potential costs of losing good people and then recruiting and training new employees.

Wellness Matters Makes It Easy

Make *Wellness Matters* the cornerstone of your company's commitment to your employees' health and wellness. *Wellness Matters* is an easy-to-read, quick-access, 8-page quarterly newsletter that gives your employees the information they need to take action to improve their own health. Every issue of *Wellness Matters* features:

- Timely, credible health and wellness information as reviewed and approved by a top team of health professionals;
- Stories that emphasize positive approaches to nutrition, fitness and lifestyle;
- Practical tips that make it easy for employees to make simple but effective changes to their lifestyle for improved mental and physical health.

Take Action Now

Wellness Matters is an inexpensive yet highly effective way for you to positively impact the health of your employees. Show your people you care by making *Wellness Matters* a part of your employee health program. You can't afford not to.

