

## Total Health Package

Wellness is not merely the absence of illness, but more importantly, it means improved quality of life resulting from enhanced physical, spiritual and mental well-being.

Today the definition of health extends far beyond physical fitness. Many physically fit people suffer from stress related depression, anxiety, sleep disorders and a host of other conditions that are more mental, or even spiritual, in origin.

Triune is dedicated to bringing the benefits of optimum employee wellness to the workplace. Scaling the peak of company-wide wellness can appear at the outset to be a daunting task. Nevertheless, the bottom line benefits of such an undertaking are well documented. For example, the Coors Brewing Company found that it returned \$6.15 for every dollar spent on its corporate fitness program. Many other companies including Kennecott Copper (\$5.78), Travelers Insurance Co. (\$3.40), Metropolitan Life (\$3.15), and Motorola (\$3.00), reported similar impressive returns during the same time period. Job stress alone is estimated to cost American industry \$200 - \$300 million annually.

Like any worthwhile journey, ultimate success begins with a single step. Triune Health Group (Triune) is uniquely prepared not only help your company take that first step toward the wellness peak but also guide your entire expedition. For over 20 years, as our name implies, Triune has led in the delivery of rehabilitative and therapeutic services to men and women injured or disabled in the workplace.

Our traditional services, designed and implemented to restore individual employee health, are aimed at returning the worker to the job as quickly as possible. In cases where an individual is unable to return to his former position, Triune provides vocational counseling and assists in employee retraining. While Triune continues to provide these necessary rehabilitation and counseling services to companies throughout Northern Illinois, Southern Wisconsin and the surrounding areas, our focus today is on preventing work-related injuries and disabilities from occurring in the first place.

Call 1-800-633-0884 or e-mail us for more information on how this service can be customized to fit your unique requirements.