

**Richard J. Princinsky & Associates, Inc.**  
**Employee Benefits Specialist**

Richard J. Princinsky & Associates, Inc. (RJP) is a full service group benefits agency committed to helping clients control their health plan insurance costs. In addition, we provide ongoing plan management and customer service support; minimize risk exposure related to Human Resources (HR) functions and health plan administration; and increase HR productivity and resources.

- **Strategic Benefits Planning: Negotiation, Underwriting, and Contract Review**
- **Account Management: Customer Service, Claims Support, and Custom Benefits Communications**
- **Group Benefit Enrollment and Billing Services**
- **Integrated HR Technology: Benefits, HR, and Payroll Solutions**
- **Client Risk Management and HR Services**
- **Corporate Wellness Solutions**

Contact us today to learn more about our one source employee benefits and HR solution.

**800.618.2600**  
**[www.rjpassociates.com](http://www.rjpassociates.com)**



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## Corporate Wellness Programs



## HEALTH MATTERS

**“There’s no question that workplace wellness is worth it. The only question is whether you’re going to do it today or tomorrow. If you keep saying you’re going to do it tomorrow, you’ll never do it. You have to get on it today.”**  
**-Warren Buffet-**

## WHAT IS CORPORATE WELLNESS?

Corporate wellness is an organized program in the worksite that is intended to assist employees and their family members (and/or retirees) in making voluntary behavior changes which reduce their health and injury risks, improve their health consumer skills, and enhance their individual productivity and well-being.

### Why RJP?

#### ✓ Corporate Wellness Director Ginny Simms, BSN, RN, CWPD

- Nationally Certified Wellness Program Director
  - National Wellness Institute: 5 Level Course - directed by the most highly acclaimed health and wellness professionals
  - Only 100 nationally Certified Wellness Program Directors
- Registered Nurse
  - Over 20+ years experience from a variety of settings

#### ✓ Wellness Program Options

- Three levels: **CORE, ELITE, PREMIER**
  - All levels are customizable
  - An RJP designed Wellness Program will fit into any budget (*zero, moderate, large*), any size group, self or fully insured organization, and any industry

#### ✓ How it Works?

- Analyze organizational readiness
  - Corporate mind-set and employee interest
- Review current/past initiatives
- Review medical claims utilization
  - For groups 100+
- Present best-fit solutions within defined budget
- Build 3-5 year strategy for optimal Return on Investment (ROI)
- Offer dynamic custom wellness models
  - Events, activities, programs, and campaigns
- Provide supplemental support and initiatives to wellness vendor programs (if chosen)
- Provide management of timelines, goals, budget, evaluation, and ROI

To learn more about how you can get a Wellness Program started, connect with us... "do it today."

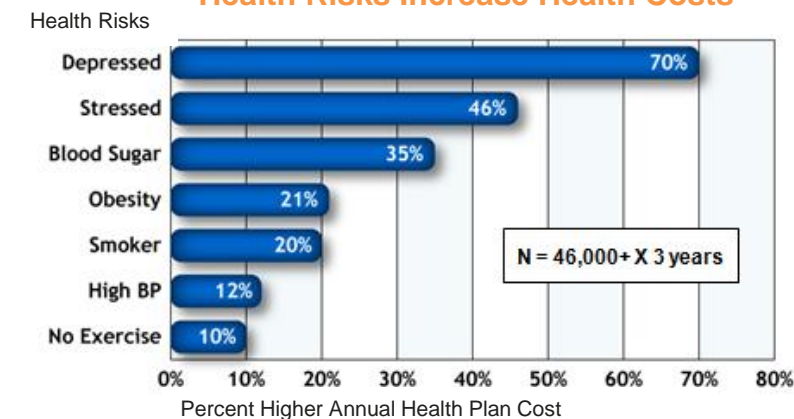
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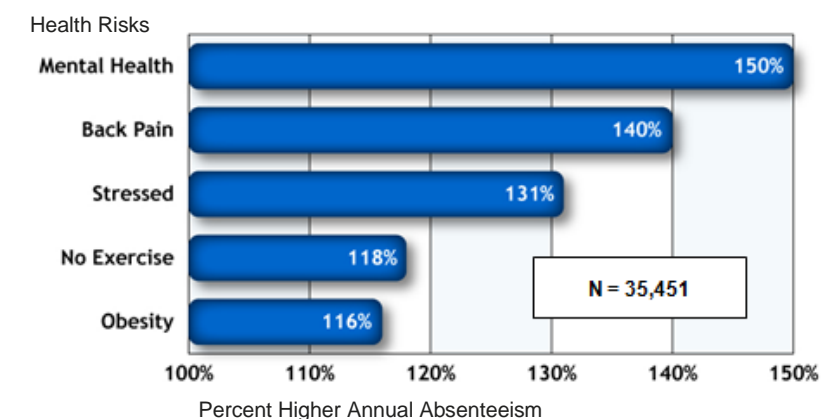


Employee Health Impacts Your Company's Bottom Line

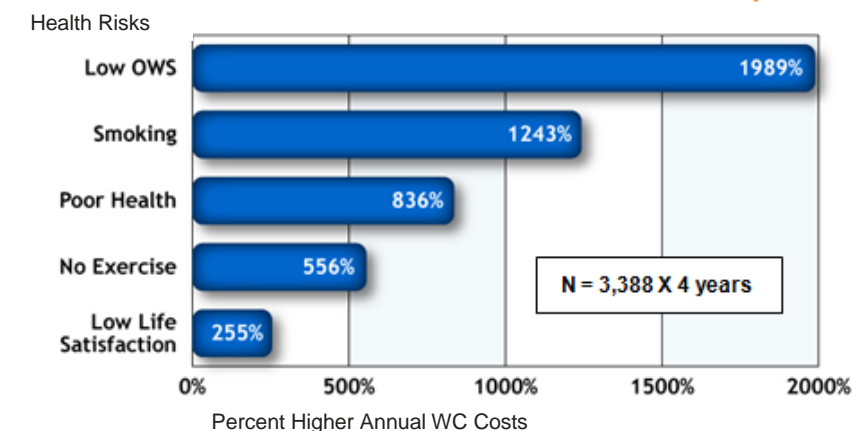
### Health Risks Increase Health Costs



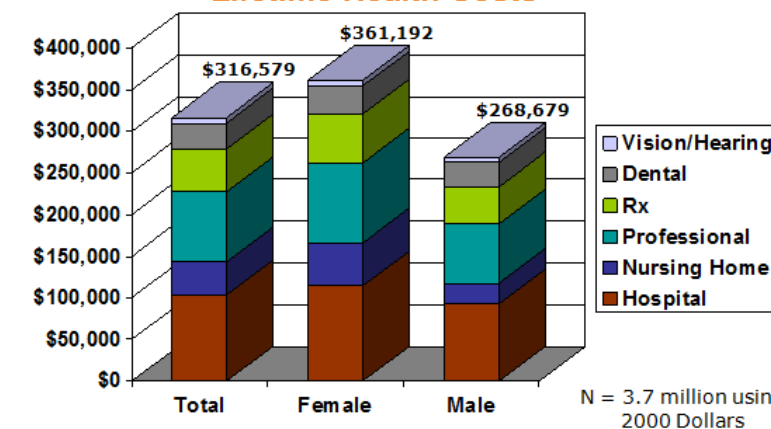
### Health Risks Increase Sick Leave



### Health Risks Increase Workers' Comp Costs



### Lifetime Health Costs



Source: Larry Chapman, M.P.H., President and CEO, Chapman Institute (National Wellness Institute, Conference 2010)