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Kentucky Chamber publishes *A Guide for Worksite Wellness*

The Kentucky Chamber of Commerce, in partnership with the Kentucky Cabinet for Health and Family Services, has recently released *Investing in a Healthy Bottom Line: A Guide for Worksite Wellness*. The guide is available as a free download at www.kychamber.com.

The publication is a step-by-step guide on how to implement, maintain and evaluate wellness programs. It contains checklists, employee surveys, return on investment formulas, as well as a list of additional online resources.

“Rising health-care costs continue to be the No. 1 concern among businesses across the state,” said Kentucky Chamber President and CEO Dave Adkisson. “The business community can benefit greatly by using this toolkit to encourage employees to live healthier lifestyles. This will create a healthier workforce that will be more productive, and will improve employers’ bottom lines by reducing health-care costs.”

For more information about this toolkit, or on implementing a worksite wellness program, contact Teresa Lovely at 270-901-4756.

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