

IF YOU WANT HAPPIER, HEALTHIER EMPLOYEES, *LET THEM WALK*

OMRON[®]

TAKE ADVANTAGE OF THE OMRON CORPORATE WELLNESS WALKING PROGRAM

Whether you are looking to augment your current corporate wellness program, or start one, OMRON's Well@Work Walking Program is a step in the right direction. It's simple, fun, and beneficial for your employees' health, and the health of your bottom line.

In fact, studies show wellness programs like OMRON's Well@Work Walking Program reduce things that can hurt your business, like health care costs and employee turnover and improve the things that can help it including morale and productivity.¹

BY THE NUMBERS

Walking is a simple, but effective way to help your employees improve their health and fitness. It is low impact on joints and bones, and can help with weight loss, lowering blood pressure and, along with a balanced diet help reduce cholesterol. Pedometers provide motivation because they allow employees to easily track their progress against personal goals and promote friendly walking competitions. By monitoring how many steps taken, calories burned and distance walked, employees can see instantly how active they have been, then set a goal to strive for more.



Omron is the *WALKING PARTNER* you can count on

¹CDC's LEAN Works!; Principal Financial Well Being Index 2012

²Health Affairs, 29, no.2 (2010):304-311; CDC's LEAN Works!; Principal Financial Well Being Index 2012

A STEP IN THE RIGHT DIRECTION

The Omron Well@Work Walking Program is flexible and easy to implement. It offers you access through our unique online dashboard to information your employees enter based on how far they've walked. You can then use this information to keep track of their progress and provide rewards and incentives based on the health and wellness goals your company is trying to achieve.

CW-DASH

As part of the program, you will be able to utilize CW-Dash, a free online dashboard that will act as the information hub for your initiative. Employees' data is uploaded, manually or automatically depending on the pedometer they have, so you can privately monitor how they are doing. The data provided includes:

- Employee name
- Number of steps walked per day and month
- Number of aerobic steps
- Calories burned
- Distance walked

PICK A PEDOMETER

You can choose from these three pedometers, including the HJ-324U, our USB pedometer, which allows employees to upload their information automatically to the CW-Dashboard.



GO THE EXTRA MILE

Studies show that using a pedometer gets people to walk an extra 2000 steps a day.³ That's almost a mile. As the program moves forward, your employees will feel better, be more productive and be happier in general. In turn, you will have a healthier work place, a healthier bottom line and perhaps, a little bounce in your step for a job well done.

TAKE THE FIRST STEP TODAY!

To sign up, or to get more information about OMRON's Well@Work Walking Program, talk to an OMRON representative today.

³AMA. 2007; 298 (19) 2296-2304