

Congress of the United States
Washington, DC 20515

SUPPORT WORKSITE WELLNESS WEEK
H. Con. Res. 405

Dear Colleague:

We ask for your support for our resolution recognizing the first full week of April as National Workplace Wellness Week. Voluntary worksite health promotion programs help to maximize employees' health and well-being, and lower health care costs for employers. The resolution has the support of the American Heart Association, the U.S. Chamber of Commerce, Partnership for Prevention, the American Cancer Society Cancer Action Network, and dozens of other members of the U.S. Workplace Wellness Alliance.

An effective strategy to address the primary driver of soaring health care costs requires an investment in prevention. Employers that provide health care coverage for more than 177,000,000 Americans have the potential to exert transformative leadership on this issue by increasing voluntarily the number, quality, and types of health promotion programs and policies at worksites across the nation.

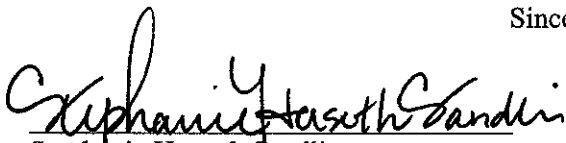
- Employees can benefit from health promotion in the workplace through lower out-of-pocket medical costs, a reduced risk of developing chronic health conditions, and increased satisfaction with their jobs and lives.
- Some employers who invest in health promotion and disease prevention have achieved rates of return on investment ranging from \$3 to \$15 for each dollar invested.


The Healthy People 2010 initiative set a national health promotion and disease prevention goal that calls for at least 75 percent of U.S. employers to voluntarily offer comprehensive health promotion programs in the workplace. A 2004 survey shows that only about seven percent of employers offer these programs to their employees. By cosponsoring this resolution, you will support efforts to improve the health and quality of life for Americans, and reduce health care costs that are posing a serious challenge to our nation's economic competitiveness.

During "National Workplace Wellness Week," private and public employers will be encouraged to invest in the health of their employees by voluntarily creating worksite health programs and by sharing their experiences to help educate others.

To become a cosponsor, please contact Josh Albert in Rep. Herseth Sandlin's office (Josh.Albert@mail.house.gov or 6-8557), or Mike Thompson in Rep. Boustany's office (Mike.Thompson@mail.house.gov or 5-2031).

Sincerely,


Stephanie Herseth Sandlin


Charles W. Boustany, Jr.