

Say: "You Quest"

# UeQuest™

Synchronizing  
Workplace  
Wellness

*Workplace Wellness:  
The need is great.  
The rewards can be even greater.*

#### **Workplace stress is hurting productivity:**

"Intelligence dims. In a futile attempt to do more than is possible, the brain paradoxically reduces its ability to think clearly."

*Overloaded Circuits: Why Smart People Underperform, Edward M. Hallowell, Harvard Business Review January 2005*

#### **Brain health is dependent on physical health:**

"Exercise can result in a sometimes astonishing elevation in cognitive performance: long term memory, reasoning, attention, problem-solving, even fluid intelligence—the ability to reason quickly and think abstractly, improvising off previously learned material in order to solve a new problem."

*Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School, John Medina, Pear Press, 2008*

#### **Chronic illness is chronically expensive:**

Chronic illness, including heart disease, diabetes and obesity, accounts for 75% of health costs.


*American Public Health Association*

#### **And many chronic illnesses are preventable:**

"Every chronic illness closely linked to obesity or smoking is more common in the United States.

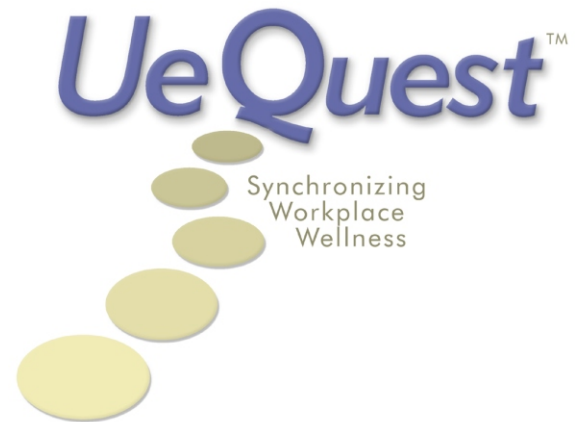
"This added burden of disease has led to higher health costs overall. If the United States could improve its population's health, Americans would save between \$1,200 and \$1,750 per year each on medical bills, the researchers found."

*Preventable Illness at Core of U.S. Health Costs, Raja Jagadeesan, M.D., ABC News Medical Unit, Oct. 3, 2007*



**Companies committed  
to a Wellness culture  
can experience a  
54% - 65%  
lower medical cost  
trend over a minimum  
30 month period.**

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## The UeQuest™ Difference:

Truly comprehensive Workplace Wellness programs designed to deliver significant cost savings and measurable productivity gains.

