

Press Release

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POMS & ASSOCIATES' EMPLOYEE BENEFITS WELLNESS PRACTICE ACHIEVES 15% REDUCTION IN HEALTHCARE PREMIUM FOR CLIENT

--Results in more than \$1 million in annual savings--

WOODLAND HILLS, CA – [Poms & Associates Insurance Brokers, Inc.](#), an insurance brokerage firm focusing on employee benefits, corporate wellness, commercial insurance, personal lines, risk management and risk control, has successfully implemented a comprehensive strategic wellness program for its industry leading beverage client. In just over one year, Poms & Associates has reduced the company's 12%-15% average annual premium increase to 0%, resulting in more than \$1 million in annual healthcare premium savings. Poms & Associates was also able to secure a \$250,000 wellness funding commitment from incumbent carriers.

"Our proprietary wellness program development methodology and extensive strategic planning process was the key to successful program design and implementation, employee adoption, and in securing financial support from existing carriers, commented [Ryan Turnbull](#), Vice President [Employee Benefits Wellness Practice](#) with Poms & Associates. "Our client has a diverse 1,000 employee population in facilities across multiple states, so we were excited to see a significant 75% participation rate."

Poms & Associates conducted an in-depth review of the client's existing wellness efforts and a series of face-to-face employee interviews in an effort to design a 'customized' wellness program for employees. The final wellness program design included:

- **Executive Engagement:** The management team embraced the wellness program by experiencing the program components firsthand and as a multi-year healthcare cost containment strategy. Management also encouraged employees to participate.
- **Employee Launch:** A phased-in approach across multiple facilities allowed for successful program implementation, heightened awareness, and continued momentum. Celebrity speakers were used to build excitement at the program launch.
- **Initial Wellness Assessment, Coaching, and Accountability:** BodyMap and biometric assessment consultations were conducted whereby employees were encouraged to undergo a no cost, 'hands-on' Wellness assessment and coaching session.

- **Wellness Ambassador Program:** Employees were encouraged to share their wellness story and apply for the Ambassador Program. Selected employees received additional funding and resources to assist them in making a healthy lifestyle change.
- **Onsite Fitness Programming:** Professional fitness instructors offer onsite personal training, and group fitness and yoga classes, at no cost to employees. A discounted gym memberships program is also offered.
- **Nutrition:** Local healthy food vendors were selected to provide nutritious onsite meals, an onsite farmers market, education, and hands-on cooking classes. Free fruit is provided on daily basis and an at home delivery service is also available.
- **Technology:** A custom wellness mobile application and social networking web portal was developed as a delivery tool and one-stop-shop' for Wellness program resources and education.
- **Group Activities and Challenges:** A variety of group activities and challenges are used to keep the program fun and to encourage ongoing employee participation.
- **Educational Seminar Series:** A series of monthly educational seminars are provided to employees on a variety of health and fitness related topics. Seminars are delivered in person and via the internet.

Poms & Associates is an industry leader in the design and implementation of best practice Wellness programs and multi-year healthcare cost containment strategies. Poms & Associates works with clients and their medical carriers to deliver a Wellness-focused return on investment model that will significantly offset anticipated medical premium increases, and provide the potential for millions of dollars in savings over time.

To read more about the wellness program, please visit: <http://www.pomswellness.com>

Poms & Associates Insurance Brokers, Inc. is a full-service insurance brokerage firm including commercial insurance, employee benefits, corporate wellness, personal lines, and risk management and risk control. The firm has offices in California, Colorado, New Mexico and Washington.

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