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## Corporate Wellness Programs Pay Off in Dollars and Common Sense

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When employees feel better, they enjoy their work, perform better, and save their employers money on health care costs. A Gallup study showed that employees with high wellbeing have 41% lower health-related costs compared with employees who have lower wellbeing. Harvard Business Review released a study showing that Johnson & Johnson saved \$2.71 for every dollar spent on employee wellness.

"Let's face it: obesity, diabetes, high blood pressure, stress and mental health issues are at epidemic levels in this country. Part of the reason is our sedentary lifestyle, our nutrient-deficient diet of processed and chemically-laden foods," says [Raynette Ilg, ND](#), naturopath, author and [corporate wellness](#) speaker. "Plus, hard-working people often feel too busy and too overwhelmed to take care of their health."

"Dr. Ray," as her patients call her, says that naturopaths offer the best corporate wellness program, since they specialize in nutrition, lifestyle changes and natural interventions that can improve wellness or complement existing medical care. "If your employees see a typical doctor on their insurance plan, they may receive medication that makes them feel better, but it won't address the root cause that created their health problem in the first place. That's where naturopaths come in. We get to the lifestyle and diet choices that are throwing the patient's health out of whack."

"We also spend more time with our patients, often over an hour on the first visit. I ask detailed questions on their symptoms, their habits, and take a comprehensive medical history. I can often find hidden health problems that are often missed in a typical 10-minute doctor visit. I also co-manage patients with their M.D. or primary care provider. Once we work together to address the problems that caused their condition in the first place, the employee's health usually improves to the point where they often no longer need the same level of medication or medical intervention that they required before."

"When employers offer [workplace wellness programs](#), employees feel more appreciated and engaged," says Dr. Ray. Why is that important? A recent study showed that employees are 38% more engaged and 18% more likely to go the extra mile when they feel their employers care about their well-being. "Plus, surveys show companies that implemented a wellness program experienced a 28% reduction in employees calling in sick."

When a company hires Dr. Ray, she goes on site to corporations to give talks on key health issues and field questions from employees. Her clinic, [Olive Branch Wellness Center](#) in suburban Chicago, offers employer-sponsored health consultations where employees can receive confidential care and individualized wellness plans. She also offers companies a plan where employees can take advantage of employer sponsored discounts on nutritional supplements, massage therapy, infrared sauna and other health-promoting services.

Dr. Raynette Ilg earned her Doctor of Naturopathic Medicine degree at National University of Health Sciences in Illinois and is the founder of [Olive Branch Wellness Center](#) in Chicago's western suburbs. She is the author of "[Livin' la Vida Grande: Why You Can't Lose Weight](#)" and a soon to be released book on health and weight management, titled: "[It's Not All Your Fault](#)."

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