

## **Corporate Health Fairs: Are You Proactive or Reactive?**

Corporations across the United States are struggling with medical costs, and many feel that there is nothing that can be done about this. Yet, they are not doing anything to help their situation. According to OpenHouse Direct, Inc. President John Buckley, there are many ways that companies can help control costs.

“What these corporations do not realize is that they are spending budget money on the health of their employees one way or another,” Buckley said. “When a corporation does not proactively invest in the health and wellbeing of their employees, they pay for it ten fold in their health insurance budget.”

A professionally planned and coordinated corporate wellness program, such as a health fair, preventative screenings, health risk assessments, employee educational workshops or stress relieving massage programs, go a long way to improving the overall health and wellbeing of corporate employees. Healthier employees who are less distracted with health issues and sick days are much more productive and tend to be happier and have better morale. Additionally, employee retention is also dramatically increased with a healthy and productive work force.

Corporations can gain control of their spiraling health insurance costs by investing some of their health insurance budget in creating an educated workforce through professional health fairs, complete with preventative medical screenings.

“Whether the CFO realizes it or not, their company is already spending money on the health and wellbeing of their employees, proactive companies are just spending less money much more wisely.”

OpenHouse Direct, Inc. is an independently-owned corporate health and wellness coordination company that specializes in corporate health and wellness fairs. It offers national capability, promises only in-network health and wellness providers attend its events and offers competitive pricing for flu shots, blood pressure, glucose and cholesterol screenings, as well as many other preventative health screenings.

Visit <http://www.healthfairsdirect.com> to learn more.