



## News

December 7, 2012

---

### **Wellness Workdays' Client Old Mutual Asset Management Receives Honorable Mention from the New England Employee Benefits Council for its Wellness Program**

Old Mutual Asset Management, a client of Hingham, Massachusetts-based Wellness Workdays, is the recipient of an Honorable Mention from the New England Employee Benefits Council (NEEBC) for its wellness program. Old Mutual will be recognized at NEEBC's 14<sup>th</sup> Annual Best Practices Conference on December 6.

"Old Mutual has a diverse population that is dispersed throughout the country so engaging our employees in wellness is a key objective of our program," said Michelle Freeman, Vice President, Director of Compensation, Benefits & HR Systems, Old Mutual Asset Management. "We could not have attained this goal without the help of Wellness Workdays. The company's innovative programming, which is custom-tailored to our population, has engaged more than 65 percent of our employees in wellness."

Old Mutual Asset Management (OMAM) is the U.S.-based multi-boutique investment business of Old Mutual plc, consisting of a number of distinct firms that specialize in active investment strategies for institutional and individual investors. With the help of Wellness Workdays, OMAM implemented a robust wellness program for its affiliates nationwide in the fall of 2010. The company's program is well-rounded and encompasses all aspects of a strategic wellness program—from screenings, assessments and wellness challenges to educational webinars, flu shots and walking challenges. Employees, spouses, domestic partners and children are all eligible and encouraged to participate.

The two-year program, which takes into account the culture at the various locations, uses a population management approach which strives to manage the health of the entire population rather than just the at-risk population and, therefore, provides solid data for a positive return on investment. During the course of the program, the average wellness score for employees has risen from 89.2 to 91.4. Based on the data collected on the wellness program to date, the total cost avoidance is over \$225,000.

A seasoned entrepreneur, Debra Wein develops and implements award-winning programs such as these for companies throughout the country. Her business, Wellness Workdays, is a leading provider of worksite wellness programs and the only worksite wellness provider in Massachusetts to receive state and national certification as a woman-owned business enterprise. Debra is also the president and co-founder of partner company Sensible Nutrition, Inc., a consulting firm of RD's and personal trainers, which provides nutrition and wellness services to individuals. Debra is a nationally recognized expert on health and wellness with nearly 20 years of experience in the industry.

The New England Employee Benefits Council ([www.neebc.org](http://www.neebc.org)) was founded in 1979 to promote discussion, networking, and informational exchange among the region's employee benefits practitioners. Since that time the organization has grown to 1,350 members representing both purchasers and providers of benefits services and products. NEEBC remains committed to providing high quality benefits-related education while fostering sound procedures, principles and practices.

### **About Wellness Workdays**

Wellness Workdays ([www.wellnessworkdays.com](http://www.wellnessworkdays.com)) is a Hingham, Massachusetts based company committed to providing corporate health and wellness programs that inspire employees to make simple and positive changes in their lives and improve their health while working to lower health care costs for businesses. Wellness Workdays has worked with hundreds of companies, including Putnam Investments, Brown University, the Massachusetts Institute of Technology, Rockland Trust, Perkin Elmer, Old Mutual Asset Management, Waters Corporation, Sekisui Voltek, Objet Geometries, the Town of Westwood, Bentley University and Harvard Business School.

For more information contact:

**Melissa Maichle**

essentia Marketing & PR

781.534.8620

[melissa@essentiamarketingandpr.com](mailto:melissa@essentiamarketingandpr.com)