

***New!* Wellness Certification Course**
Wednesday, February 3, 2010
1:15 pm – 3:15 pm (following CAHU February Luncheon)
Marriott Executive Park

Did you know that "controllable behaviors" -- overeating, smoking and physical inactivity -- account for nearly 25 percent of all U.S. health care spending? Imagine if your employer clients could reduce these costs from their total benefit spending. To address controllable behaviors, many companies are adopting wellness programs. But are such programs effective, and do they offer a return on investment?

Employee Benefits professionals are asked questions like these every day. The ability to not only answer the questions but provide timely, effective advice is essential. For this reason, NAHU is sponsoring a new Wellness Certification course that addresses these issues in a comprehensive overview that draws upon dozens of sources. Approved for two hours of continuing education for insurance in North and South Carolina the course addresses:

- Communicating the need for wellness and prevention
- Demonstrating the effectiveness of wellness and case studies
- The business case for wellness, and guidance on implementation
- Compliance and legal issues
- Creating incentives for participation
- Measuring return on investment

If you want to stand out among your peers and are looking for real education to improve your knowledge, this course is for you. Your clients depend on you, so make sure you have the answers.

The cost of this course is \$60 for NAHU members and \$85 for non-members. The cost is \$50 for NAHU members and \$75 for non-members who register online; registration information will be posted on the NAHU website soon. Certification in Wellness expertise will be provided following completion of the course and an online examination with a passing grade.

The instructor will be [Rita Graves, VP, Operations & Marketing of Doctors Direct Healthcare, Inc.](#)