

# UNGARETTI & HARRIS

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**For Immediate Release**

## **Corporate Wellness Programs Really Can Work: Proof is in the Numbers**

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*Chicago*, April 14, 2008 – The attorneys and staff at Ungaretti & Harris have reason to celebrate: while many businesses have seen an upward trend in healthcare insurance premiums, the firm’s health care costs have stabilized. In 2007, average employer health insurance premiums increased by 6.1 percent, according to the National Coalition of Health Care. However, with the inception of a firm-wide Wellness Program, Ungaretti & Harris’ annual premium increase for 2008 was under 3 percent. A great improvement over the double-digit increases the firm had experienced in the past.

At this time last year, Ungaretti & Harris rolled out a Wellness Program to over 230 employees in efforts to combat the rise in cost of health care premiums. The Wellness Program aimed to do so by motivating and rewarding employees for increasing their level of physical activity, participating in health screening tests, practicing healthy behaviors and/or expanding their health and wellness knowledge. A Wellness Committee was formed to implement the program. Headed by co-chairs **Julie Treumann**, an associate in the Corporate, Securities and Finance department, and **Bonnie Kelly**, Compensation and Benefits Manager, the committee has had great success in educating and refocusing firm to be more health conscious.

“Our insurance claims and premiums are stabilizing because employees are taking advantage of wellness and preventative care measures, losing weight or have decided to quit smoking,” says **Kelly**.

“Wellness is not just a one-time thing. Our employees are actively partaking in efforts to improve their health 365 days a year. We are educating our employees, and they are taking more ownership of the factors that affect their health. The numbers are proof enough,” says **Michael J. Philippi**, Wellness Committee member and Litigation Department Chair.

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The Wellness Program was launched with the distribution of pedometers and materials that included exercise tips, nutrition guides and logs, general health screening guidelines, blood pressure information and healthy recipes. Also included was information on the Wellness Rewards Program designed to help employees keep track of their healthy activities which can then be submitted for points towards rewards like \$100 health food store gift certificates, fitness equipment, or free healthy lunches prepared by firm chefs.

Throughout the year, yoga and Pilates classes were offered and held at the firm's Chicago office for employees at a discounted rate. Attorneys and staff learned from guest presenters who led "Lunch 'n Learn" seminars on various topics ranging from general health tips, nutrition, safety, and exercising tips from a trainer- all while dining on complimentary healthy lunches.

More information on the details and perks of the Wellness Program can be found in the attached newsletter.

*Ungaretti & Harris LLP, a 100+ attorney law firm with offices in Chicago and Springfield, IL, Washington D.C., and Grand Rapids, MI, has become one of the premier midsize litigation and transactional firms in the United States for representing Fortune 500 companies, professional organizations, healthcare providers, trade associations, developers, financial institutions, private equity sources, and government agencies.*

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