

# INTERSTATES

UNDERSTANDING NEEDS ► DELIVERING RESULTS

## Building, Maintaining and Sustaining Worksite Health and Wellbeing

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# Our “Recipe”

- One part Culture
  - Family
- One part Leadership
  - The “Why”
- Strategic Analysis and Planning
  - Claims utilization
  - Biometrics
  - Health Risk Assessments



**INTERSTATES**

# Taking Shape – Top health risks

- Tobacco Use
- Low Physical Activity
- Fruit and Vegetable Consumption
- Cholesterol and Blood Pressure
- Stress Management



*“Failure is simply and opportunity to begin again, this time more intelligently.”*

- Henry Ford

Know your WHY!

**INTERSTATES**