

MEDIA RELEASE
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CORPORATE WELLNESS MUST BECOME A PRIORITY IN EVERY COMPANY

Corporate Wellness is rapidly growing in popularity, with companies realising the importance of investing in their employees' health, thereby reducing absenteeism, improving productivity and lowering medical costs.

Recent statistics from a Corporate Absenteeism Management Solutions (CAMS) survey of 60 South African companies with more than 7000 employees over the course of a year, revealed that sick absenteeism costs corporate SA about R19 billion per year.

The Heart and Stroke Foundation SA offers companies the opportunity to reduce the incidence of heart disease and stroke amongst their employees, through its specialized Corporate Wellness Programme, geared towards detecting early signs of heart disease, and educating staff on risk factors of cardiovascular disease.

The Programme offers blood pressure, cholesterol and glucose screening for staff members, a health risk report of these screenings to management, as well as a talk by a dietitian, all for a minimal fee. High blood pressure and high cholesterol have few visible symptoms, therefore testing is crucial.

The recently launched *Healthy Hearts at Work* Programme, re-enforces the message, by assisting companies in offering staff healthier meals at their workplace and aiding in reducing the incidence of obesity and improving general energy levels.

The Heart and Stroke Foundation South Africa promotes Corporate Wellness Week from July 6 – 10 to companies to create awareness of heart disease and its risk factors.

The core objectives for Corporate Wellness Week are to encourage employees to live a healthy lifestyle, provide corporations with information to improve the health of their staff and provide a benchmark for HSFSA to promote its services to the community.

For more information on HSFSA Corporate Wellness Programmes contact Eshaam Mohidien on Tel (021) 447 4222, email eshaamt@heartfoundation.co.za or visit www.heartfoundation.co.za

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Issued by:

The Heart and Stroke Foundation SA

For further information:

Michelle Kearney

Communications Director

Tel: (021) 447 4222

Email: michelle@heartfoundation.co.za