



WELLNESS PROGRAM

MISSION STATEMENT

The mission of the VCNA Prairie, Inc. Wellness Program is to establish a work environment that promotes healthy lifestyles, decreases the risk of disease, and enhances the quality of life. Recognizing that employees perform their best when they are healthy and that optimal employee performance is necessary for the company to be a leader in its field, this program encourages all Prairie personnel and their families to strengthen their health and well-being through educational opportunities, wellness activities and self-improvement.

The Wellness Program focuses on four components of healthy living and lifestyle choices—**Health, Activity, Family and Community** as it strives to achieve the following goals:

- Prevent major health incidents.
- Identify health risks that are present in employees and their dependents.
- Invest in wellness education and in activities that will lower identified health risks.
- Motivate employees and provide incentives to adopt healthier approaches to individual lifestyles.