

Tips for Healthy Lives and Wealthy Retirements



**Nationwide
Better Health®**

On Your Side®

From Holly Snyder, President, Nationwide Better Health

- > **Quit smoking** According to the Surgeon General, tobacco smoking remains the No. 1 cause of preventable disease and death in the United States. Quitting smoking reduces the likelihood of certain types of cancer and heart disease, so quitting today can add years to your life and dollars to your bank account.
- > **Stay active** Small changes to incorporate exercise into your routine can often lead to big payouts. Taking up jogging as a hobby and buying a treadmill are becoming as credible investment strategies as putting away additional funds in your 401(k).
- > **Eat healthy** Improving diet can reduce the likelihood of injury or developing heart disease, diabetes or osteoporosis; all of these conditions put strain on your health and retirement savings, especially as they progressively become more serious.
- > **Take advantage of health and wellness benefits** Employer-sponsored health coaches are not only instrumental for keeping healthy, but are valuable resources for keeping wealthy with their focus on the long-term help of their patients. If your company offers programs, take advantage of them! Often companies provide additional incentives, such as deposits to a health savings account or a cash payout for enrolling.
- > **Have the health and wealth talk** Discuss finances and health with your loved ones and work with your financial planner to ensure health care costs are accounted for in your savings strategy.

About Nationwide Better Health

Nationwide Better Health™, a subsidiary of Nationwide®, is a leading provider of health and productivity management solutions aimed at lowering health care costs, increasing productivity and improving the quality of life for employers and their employees. Nationwide Better Health is the first company to truly integrate the best collection of health and productivity services available today, including health and wellness, obesity, disease, disability, absence, medical and maternity management. Nationwide Better Health utilizes health assessments, work-site screenings, lifestyle health coaching services, online tools and customized communications and incentive management strategies to obtain best-in-class results for improving health and productivity in the workplace. The company's offerings work together and independently to address both sides of the cost equation: increased efficiency of health and productivity programs and better employee health and well-being to reduce health care-related costs.

For more information, call **866.404.6924** or visit: **www.nwbetterhealth.com**.