

CEO, CFO, HR & BENEFITS HOW TO LOWER HEALTHCARE COSTS A Common Sense Approach

The only guarantee to effectively reduce the costs of healthcare and lost time - absent a stable, coherent national health policy - is for the business community itself to pro-actively produce healthy employees, not merely manage illness nor promote undefined wellness.

OUR HEALTHCARE CHALLENGE

Health Insurance Volatility

- Rate increases 15%-60% and 4% lower coverage

Increasing Lost Time Costs

- Illness develops as people delay needed medical services

US Global Competitive Disadvantage

- Healthcare costs half or less in all OECD countries with fewer company resources

= A GOLDEN OPPORTUNITY

New Healthcare Goals

- Healthy, focused people to work at lower costs

New Competencies

- Translate physiology into financial strategy for health & productivity gains
- Apply "process improvement" to health

New Strategy

- Pro-actively produce healthy people to drive productivity at lower costs

WHERE TO START SOLVING STRESS IS THE GOLDEN OPPORTUNITY

Stress Damage is THE Main Causal Risk Factor

- 60%-90% of all primary care doctor visits (*Harvard Business Review*)
- 50% of absenteeism (*National Institute for Organizational Safety & Health*)
- 45% of physicians feel severe stress and/or burnout (*2015 Physician Stress & Burnout Survey, Cejka Search*)
- \$300 billion annual lost productivity costs from stress to America's businesses (*World Health Organization*)

THE STRESS FIX™ SOLVES STRESS

Discover The New Wellness Direction – SKILLS not PILLS

- De-stress in seconds & prevent ALL stress symptoms for life without pills
- Enjoy genuine wellness content for continuous improvement of health, work and life
- Eliminate stress damage so there's no stress to "manage"

THE STRESS FIX SAVINGS POTENTIAL

HEALTH STATUS	PRODUCTIVITY LEVEL	MEDICAL COSTS/UTILIZATION	METABOLIC/CARDIO/IMMUNE STRESS DAMAGE	PSYCHOLOGICAL STRESS DAMAGE
Optimal	90-110%	1X (\$/FTE)	Focus, Energy, Strength	Motivation, Focus
Normal	70-90%	1X	Stress, Colds, Flu	Stress, Frustration
Symptoms	60-70%	3X	Hypertension, High Blood Sugar, Infections	Insomnia, Fatigue
Illness	50-60%	8X	Diabetes, Obesity	Anxiety, Depression
Disease	0-50%	20X	Heart Attacks, Strokes, Cancer	Panic Attacks, Overwhelm

Schedule your free
STRESS FIX
Strategy Consultation!
CALL or EMAIL TODAY!

Today's #1 health advancement
HOW TO SOLVE STRESS!

THE STRESS FIX - Lifelong Skills, Lifelong Benefits

THE STRESS FIX presents a new breed of "health-producing" science-based skills to:

- De-stress in seconds and prevent ALL stress symptoms for life – without medications
- Gain clear focus, accelerate goal-achievement, innovate solutions and feel vibrant aliveness
- Eliminate stress damage – THE main causal risk factor of illness - so there's no stress to "manage"

Discover BEING WHOLE – the Elevated Purpose of Stress

THE STRESS FIX shows you how stress functions positively in Nature to navigate change successfully:

- Operate stress positively as your amazing biological Life Guidance System
- Unify your body, mind and energy to produce energized health - the ultimate goal of wellness
- Enjoy uplifting into an entirely new way of living - BEING WHOLE - the BETTER you
- Access the valuable greater intelligence, wisdom and energy of "your greater whole"

What all does THE STRESS FIX fix?

ENJOY BODY/MIND HEALTH	ENJOY MIND/IMMUNE HEALTH	ENJOY ENERGY HEALTH
DYNAMIC CALM <i>Today's top health ability</i> <ul style="list-style-type: none"> • De-stress in seconds & stop stress at its HPA-axis core • Prevent ALL stress symptoms for life without pills • Enjoy these uplifting health treasures whenever you want: Emotional Peace, Presence of Mind, Physical Relaxation <ul style="list-style-type: none"> • Gain the prized benefits of "meditation" in seconds, not 45 minutes of "mindfulness" • Clear your mind instantly to focus better & sleep well 	GENIUS FOCUS <i>Humanity's mental leap</i> <ul style="list-style-type: none"> • Use your mind positively to create health, success & joy - not anxiety, insomnia, overwhelm or depression • Apply "The Big Lever" to create solutions for 21st century challenges • Gain guidance, purpose & wisdom by de-coding your stress emotions 	ENERGIZING LIFE <i>Vibrant awareness</i> <ul style="list-style-type: none"> • Turn on your brain with energy and recharge fast • Gain adrenal strength to lose weight, lower blood pressure & normalize blood sugar • Boost lung function, oxygen vitality & cellular energy • Operate your amazing bio-energetic field • Turn on your "Little Sun" energy engine • Enjoy THE ENERGY TREASURE of feeling JOY at will

Online Learning • Live Wellness Trainings • Lunch N' Learn • Individual Coaching

THE STRESS FIX System integrates Robert Simon Siegel's 25 years of clinical experience in hospitals, medical centers and corporate wellness with 21st century sciences like bio-physics, telecommunications technology, electromagnetic field theory and physiology to operate stress positively as in Nature. Psychophysicologist and Author, Robert adds multi-use wellness treasures and rare knowledge from his personal trainings with wisdom tradition lineage holders. See full bio [HERE](#) and testimonials [HERE](#).