

Internet Explorer browser window showing the URL <http://www.mypaycheckdirect.com/2013/05/get>. The browser has several tabs open, including "XFINITY by Com...", "XFINITY Connec...", "Webpage has ex...", "Careers at Goph...", "Celebrate Nat...", and "rio grande dog b...". The website header features the "PAYCHECK DIRECT" logo and navigation links: "Why Us", "Employers", "Brokers", "Blog", "Events", and "About Us".

Get your employees off the couch



Jump-start a healthy lifestyle during National Employee Wellness Month.

A healthy workforce is a productive workforce. So why not hop on the wellness wagon? June 2013 marks the fifth annual National Employee Wellness Month (NEWM), an initiative offering business leaders a hands-on look at how healthy lifestyle changes can help their organization improve productivity, lower healthcare costs, and create healthy cultures.

Employee health directly impacts your organization's healthcare costs. 75% of these costs are due to preventable and manageable chronic diseases, like heart disease, type 2 diabetes, and some forms of cancer. NEWM brings attention to the workplace's role in helping employees make healthy choices that impact costly lifestyle-related diseases.

Throughout June, participating organizations of NEWM will promote the benefits of healthy lifestyles, and provide motivation and opportunities for employees to adopt healthy habits. Participating in June's month-long workplace wellness campaign is easy: simply become a Proud Supporter of NEWM. Proud Supporters will receive a tool kit with resources and ideas to help promote their organization's participation in the initiative. More than 150 organizations pledged their support for National Employee Wellness Month 2012. Will you join them in 2013?

Learn more at [National Employee Wellness Month](#).

Windows taskbar at the bottom shows the system clock as 11:25 AM on 7/1/2013, with a 125% zoom level.