

Improve Employee Health and Reduce Your Medical Costs

Educational Seminars by Gerard L. Guillory, M.D.

Relentless increases in healthcare costs have compelled employer groups to assign to employees greater responsibility for medical costs and decision-making. Although this shift may be inevitable, employers must take steps to help employees navigate the new world of healthcare effectively.

Perhaps the most important thing employers can do is help employees stay healthy.

Over the past few years, I have helped a number of employer groups educate their employees on simple but often-overlooked steps toward better health. I have found that a properly designed wellness program benefits not only the workforce, but it benefits the business as well.

Effective wellness programs help:

- > reduce demand for medical services
- > reduce absenteeism
- > boost productivity
- > and improve employee health and morale.

Additionally, such programs foster the all-important message of self-responsibility.

My colleagues and I at The Care Group provide speaking engagements designed to educate employees and motivate them to take charge of their own health. Engagements generally last one hour, with ample time at the end for questions and answers.

Our presentations are fun, engaging and interesting and include up-to-date information on health, nutrition and wellness. Our goal is to motivate your employees to make behavioral changes that improve their health status as well as your business.

We also can provide custom programs with health screenings and one-on-one educational sessions that promote healthy lifestyles.

For more information on our programs, or for scheduling, call us at 303-343-3121, or go online to download the article [10 Steps to Better Health](#).



Gerard L. Guillory, M.D., is board-certified in internal medicine and has been practicing in Aurora, Colo., since July 1985. As an assistant clinical professor of medicine at the University of Colorado Health Sciences Center, Dr. Guillory is actively involved in teaching medical students, resident physicians, and nurse practitioner students. He has lectured extensively on the role of nutrition and disease. Over the years, he has fostered an interest in patient education and has authored three books on digestive troubles

Dr. Guillory also has served as medical director of a Colorado-based health plan and as a health consultant to employer groups. He is a member of the National Association of Medical Communicators, the Colorado Authors League, and the American College of Physicians.