



## AIPM Wellness Resources

EMC wants to make it easy and affordable for you to create a corporate wellness program. That's why we've partnered with the American Institute for Preventive Medicine (AIPM), an award-winning provider of resources that educate and motivate employees.

### Program Benefits

AIPM has a proven return on investment—studies of their services have shown significant reductions in health care costs and absenteeism. Corporate wellness programs can also help your company:

- Boost employee satisfaction
- Generate greater health awareness
- Increase productivity
- Recruit top talent
- Save money
- Show your commitment to employee well-being

### Tailored or Turnkey Products and Services

From their expansive Total Health Program™ to cost-effective supplementary products, AIPM offers a wide variety of customizable solutions, such as:

- Calendars
- Health Challenges
- Health Coaching
- Mobile App and Health Portal
- Newsletters
- Nurse Advice Line
- On-Site Coordinators
- Online Videos
- Posters, Fliers and Brochures
- Screenings and Risk Assessments
- Self-Care Guides and Workshop
- Sleep Enhancement
- Stress Management
- Tobacco Cessation
- Weight Loss and Nutrition Programs

### Ready To Get Started?

EMC policyholders receive a 5% discount on AIPM services and products. Contact AIPM at [aipm@healthylife.com](mailto:aipm@healthylife.com) or call 800-345-2476 and tell them you are an EMC Insurance Companies policyholder to discuss services and products.



American Institute for Preventive Medicine

**37** Years  
of Experience

Over **150**  
Products and  
Services

**BEST**  
and Brightest  
in Wellness  
**ELITE WINNER**

## Contact Us

Contact your EMC loss control representative for more information.

**EMC Insurance Companies**  
717 Mulberry Street  
Des Moines, IA 50309  
800-447-2295 • 515-280-2511

[www.emcins.com](http://www.emcins.com)



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