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HEALTH SCREENINGS REVEAL MAJORITY OF EMPLOYEES ARE OVERWEIGHT

How healthy are your co-workers? Not very, according to findings released today.

A nationwide analysis of workplace health screenings conducted by Kronos Optimal Health Company in 2007 indicates that 65 percent of employees are overweight or obese.

Kronos screened more than 9,900 participants and tested for health indicators like body mass index, blood pressure and cholesterol levels.

Findings revealed that 77 percent of men and 65 percent of women ages 40 and older are overweight or obese.

For employees younger than 40, almost 68 percent of men and 52 percent of women are in the overweight or obese range, resulting in higher than normal health risks that can lead to heart attacks, strokes and diabetes, among other diseases.

"Being overweight has profound implications on health," said Susan Kaib, M.D., medical director of Kronos Optimal Health Company. "Taking steps to achieve and maintain a healthy weight will significantly improve health and quality of life."

Obesity, costs U.S. companies an estimated \$13 billion per year, which may be minimized by workplace wellness programs. According to the U.S. Department of Health and Human Services, companies that implement wellness programs save from \$1.49 to \$4.91 for every dollar spent.

Kronos health screenings also revealed that 67 percent of employees had blood pressure in the pre-hypertensive or hypertensive range, indicating they may be at risk for high blood pressure.

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1ST ADD OBESITY IN THE WORKPLACE

Cholesterol screenings revealed that almost 40 percent of employees had LDL (low-density-lipoprotein) or “lousy” cholesterol levels in the borderline high to very high range.

The recent dramatic growth of Kronos Optimal Health Company illustrates a growing national interest in corporate wellness services. Kronos Optimal Health Company conducted nearly 60,000 workplace health screenings in 2007, an increase of more than 210 percent from 2006.

Kronos Optimal Health Company offers a variety of additional preventive health programs and services including the comprehensive Kronos At Work health management program, Kronos Weight Management, executive health programs, one-on-one health coaching and health fairs.

Kronos Optimal Health Company offers Kronos Weight Management to help employers effectively manage health care costs while providing a valuable benefit for employees. The program’s 12-week curriculum is designed by physicians, nutritionists, psychologists and exercise physiologists to facilitate healthy lifestyle behavior changes.

For more information about Kronos Weight Management, please call 888-58-B-WELL (888-582-9355) or visit www.KronosHealth.com.

About Kronos Optimal Health Company

Kronos Optimal Health Company provides optimal health products and services for consumers, employer groups and healthcare providers. Its mission is to help people live as healthy as possible throughout their lives. Kronos Optimal Health Company employs more than 50 professionals in the fields of science, medicine, technology, pharmacology, customer service, sales and marketing. Corporate offices are located in Phoenix. Kronos business units include Kronos Corporate and Community Wellness and Kronos Optimal Health Centre®.

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