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At the heart of every business, a killer may be lurking

Leading killer of adults also has an impact on the corporate bottom line

EULESS, TEXAS (Feb. 9, 2012) -- It's Heart Awareness Month and a well-known fact is that heart disease is the number one killer of adults in the U.S. It's not just individuals who should be concerned, however. Business owners should also take notice, says Star Wellness founder Johnette van Eeden. Especially those business owners in high-stress industries, such as manufacturing.

"It only makes sense that the top killer of adults would have an impact on the business community," said van Eeden, whose company conducts health screenings for more than 200 businesses, organizations and municipalities across United States each year. "Most studies tell us that half of all American adults have elevated cholesterol. However, our results show 67-72% of workforce participants are above the recommended levels. And in some industries the numbers are even more alarming."

Another common problem, says van Eeden, is high blood pressure, which the American Heart Association says impacts one in four US adults.

"Because there are no symptoms, nearly one-third of the people we test that have elevated blood pressure have no idea they have a problem," she said. "That's why it's called the silent killer. Left uncontrolled, it can lead to stroke, heart attack, heart failure, or kidney failure."

The impact on a company can be seen in areas such as higher health insurance costs for employees, lost productivity and employee absenteeism. In 2007, the Milken Institute estimated that chronic diseases, including heart disease, resulted in more than \$1 trillion in lost economic output annually.

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The irony is that a large percentage of these costs are a direct result of preventable chronic diseases, such as heart disease.

The founder of Star Wellness says the good news is that business owners are finally beginning to recognize that helping their employees identify problems early can lead to long-term benefits of a healthier and more productive workforce.

The focus, she says, should be on early detection and prevention. A healthier workforce creates a healthier bottom line.

“At a minimum, business owners should make sure employees have their blood pressure, BMI, fasting glucose and cholesterol levels checked annually,” she says, explaining that this prevention-focused stance aids in early detection of many problem areas before they turn into chronic health problems.

“It used to be that most company wellness plans focused on after-the-fact,” said van Eeden. “But early detection saves lives and money and more and more employers are realizing this. And with people working longer and on the payroll longer, they need to be healthier.”

About Star Wellness

Star Wellness offers wellness and preventive care screening services for businesses, local governments and school systems and can be operated from home while building up the business. The company currently has more than 230 clients throughout Texas and over 20 other states.

More information on Star Wellness services, including franchise information, is available at StarWellnessUSA.com or by calling 800-685-5572.

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