



**Science Based, Innovative Corporate Wellness
Why this results –oriented plan can no longer be ignored.**

**by Lana M. Kontos, N.D.
Board Certified Naturopathic Doctor
Certified Diet and Lifestyle Medicine Practitioner**

Health care is a very large expense for every employer in our nation today. The proper diet and lifestyle program based on gold standard science can dramatically reduce these costs. There are only a few dozen practitioners in the country who know about, are trained in and who teach this approach to healthcare. I teach this science-based program to help lower those costs.

– Lana M. Kontos, N.D.

- 60 minute Keynote followed by 60 minutes of Legal Requirements
- 5 Minutes Introduction:
Our nation's state of health today
Disease rates
Why a paradigm shift is the only answer
- 10 Minutes The cost of health care today
Where the money is being spent
Why the current system does not work
- 5 Minutes The negative impact of our Standard American Diet on the employers' bottom line.
- 10 Minutes The statistics behind supplementation / medication
Costs savings of the elimination of most of these products
Improving the financial bottom line of employers and employees
- 20 Minutes The Science Behind the solution to this problem
The answer to long term health care
Pioneers who have led the way
Results from decades of success
Dr. Kontos' personal patients (review with names redacted)
- 10 Minutes The Solution: The program details
- 30 Minutes Legal Requirements
- A. Regulatory Compliance: HIPPA Title 1, DOL, IRS, CMS
 - a. Wellness programs defined in 1996 non discrimination rules
 - b. Final regulations issued 2006
 - c. Permitted Wellness Programs
 - i. Participation based programs
 - ii. Health standard based

1. Must meet 5 standards

- a. Limited value of reward
- b. Promote health or prevent disease
- c. Annual qualifications
- d. Reward available to all similarly situated individuals
- e. Full disclosure of alternative standards and waiver opportunity

d. DOL filed assistance bulletin

i. Wellness program checklist

30 Minutes III. Legal Requirements Cont.

- A. Lawsuits
- B. ERISA subject
- C. Other benefit laws
- D. Other laws that may apply such as ADA, ADEA, FLSA
- E. State laws such as state smoker rights
- F. HIPAA administrative simplification
- G. Health Care Reform

Q and A

Dr. Lana Kontos is not a medical doctor and does not diagnose disease, treat conditions or prescribe pharmaceutical medications. Any workshops or programs presented by Dr. Kontos or any of the team from Inspired by Wellness, LLC are not a substitution for the care of a physician.
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