

Healthy Employees, Happy Company

Some of you may have read or heard in the news about Pitney Bowes and how it's a model in creating an environment for employee wellness while raising productivity. But did you know that PB was way ahead of its time? Talk about an innovative approach to business, the establishment of the Health Care University in the U.S. came at a time when most companies chose to pass on the increased health costs to their employees.

Keeping employees healthy is good for everyone and our bottom line. As an example, our costs for the treatment of diabetic workers had dropped 6% and the drop is even steeper for asthmatic employees – a whopping 15%! In addition, we can measure the return on investment with our clinics. It turns out our payback is about \$2.30 for every dollar we spend on those clinics.

Pitney Bowes is among a very small group of corporate citizens offering extensive health and wellness options to its employees. To learn more about Health Care University and the various services and offerings that are available, visit [Inside PB> Life and Career>My Benefits and Rewards>Health Care University](#).

Health Care University offers nutrition and weight-loss programs and information

Currently available in the U.S.:

» Change One Weight Management Program (12 week program available in January and June)

» Weight Watchers, Online Discount

20-minute My Portfolio Courses:

» Discovering Your Healthy Weight

» 10 Principles of Successful Weight Management

Programs and Tools:

» Body Mass Index Calculator

» Caloric Needs Calculator

» Globalfit Health Club Discount Program

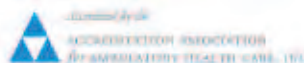
» Nutrition Fact Sheets

Visit [Health Care University on Inside PB](#). Click on [Life and Career>Health Care University>National Programs](#)



Pitney Bowes Receives Accreditation from AAAHC

Pitney Bowes Medical Department in Connecticut has received accreditation from the Accreditation Association for Ambulatory Health Care. This shows the PB commitment to providing the highest level of quality care for employees.



Small Changes Add Up to Weight Loss Success

Pitney Bowes employees Deatra Buchholz, Bradford Leach and Cindy Wrighter decided they were ready to make changes in their health and weight. They participated in the **Change One Weight Management Program** offered by Health Care University, which focuses on making one healthy change a week and maintaining these changes long-term. All three successfully improved their weight and their overall health. Keep reading to check out their strategies and tips.

Deatra Buchholz lost 45 pounds!

Ms. Buchholz, a PBMS Customer Service Tech Specialist in Waverly, Iowa, was a size 20. She had tried unsuccessfully to lose weight using a variety of methods including Ultra 90, Slim Fast and Herbal Life. "I had no energy and wore size 20 pants." Deatra decided she needed a change. She joined Change One in January 2008. To date, she has lost 45 lbs., 7.5 inches from her waist, and went from a size 20 to a size 14.

Bradford Leach lost 28 pounds and reduced his blood pressure!

Bradford Leach, a Pitney Bowes collections and retention agent in Spokane, WA, weighed 235 lbs. at 5' 8". He was "getting tired of being tired," stuck in a rut and was feeling much older than his age. He had previously tried a high protein diet but found it did not work long-term. He joined Change One and also adapted tips and inspiration from *The Biggest Loser* show, and the book *Body for Life*. Since January, he has lost 28 pounds and needs to buy new clothes. Bradford states, "I have more energy and confidence. My blood pressure is at least 20 points lower. I find that I sleep better also." He is continuing to work toward his milestone.

Cindy Wrighter, the Sr. for Lease Order Processing in Troy, NY has lost 56 pounds and is steadily working toward her long-term goal of losing 90 pounds.

At 234 pounds and size 20W, Cindy Wrighter was having trouble keeping up with her grandkids. She "huffed and puffed" getting up to her 3rd floor apartment. As a single mother she could not afford to pay for Weight Watchers and decided to join the Health Care University Change One program. Cindy started the program in January 2008, and has lost 56 pounds so far, wears a size 12, reduced her cholesterol by 40 points; her doctor reduced her blood pressure medication.

Deatra Buchholz - Before



Deatra Buchholz - After



Cindy Wrighter - Before



Cindy Wrighter - After



Let's Discover What Strategies Worked for These Winners!

Deatra: Write it all down. It's amazing what we stick in our mouths. After I saw it (my food diary), I wanted to change. You have to want to change before you will change.

Bradford: Being accountable is huge. At work I let my coworkers know what I am doing – it helps me resist potlucks, donuts, etc. At home I get my family involved – it helps me avoid poor snack choices. Avoiding situations that are going to be tempting, at least in the beginning, is crucial. Planning meals and workouts ahead of time is a big part of any success. Frequent and consistent evaluation is helpful as well.

(continued on next page)

“Avoiding junk food at work is hard. Having healthy snacks at work helps me avoid bad food.”

Cindy: Change One opened my eyes to what I was eating. I now realize stress was a factor with my eating. I am making a “lifestyle change” and am not on a diet. I read labels on what I buy, I watch the size of my portions, and if I have a moment of weakness I know that I won’t give up, I know my next meal will be better. I haven’t given up the things I love; I have reworked dishes to make them healthier and I buy “smarter”.

Tell us about your current eating habits

Deatra: I have oatmeal with berries every morning for breakfast. For a snack I have veggie or fruit. I take frozen peas and leave them on my desk till break and they are sweet. I eat yogurt with a sandwich for lunch.

Bradford: 5 to 6 small meals of protein and carbohydrates, with 5-6 servings of fruits and or vegetables a day, is the goal. At home I am doing well. At work, it is still a challenge.

Cindy: I eat more slowly and I put my fork down between bites. I use a smaller plate and I take the correct portion size when I make my plate. I package my meals in the correct portion size after cooking and try to get it all put away before I have my meal. (It’s not there to tempt me).

What are your healthy habit challenges and how do you deal with them?

Deatra: Grabbing fruit or veggies instead of chips and cookies. I still eat chips and cookies, but I limit myself. I would rather eat a salad, with a cookie for dessert.

Bradford: Avoiding junk food at work is hard. Having healthy snacks at work helps me avoid bad food. Increasing my overall activity level is also hard. Working out with a partner helps with the activity level. Using alternative commuting also helps with activity level (Bradford bikes or walks to work!).

Cindy: Going out to dinner with friends or family. I always take my own salad dressing with me (a small package that has only 25 calories). I order what I like but when my dish arrives I mentally decide how much is the correct portion and I eat that amount and take the rest home for another meal (or two).

What is your current exercise routine?

Deatra: Walk, walk, walk. I walk on my breaks, after supper, anywhere anytime. If you make time for TV, make time to walk.

Bradford: I exercise 6 days a week, doing three 45-minute weight training workouts a week, and three 20-30 minute cardiovascular (aerobic) workouts each week with high intensity interval training.

Cindy: I started out walking around my neighborhood for a short period (about 20 minutes) a couple of times a week and then slowly increased my distance/time/speed. I also picked up some small weights and do exercises at home. As the weather starts to get colder, I will go back to the gym to do my walking. Even at work I walk more. I use the stairs more often and, when I can, I walk to someone’s desk rather than call or email.

In addition to losing pounds and inches, what other benefits have you experienced?

Deatra: I have more energy. My eating habits are better.

Bradford: I have more energy and confidence. My blood pressure is at least 20 points lower. I sleep better.

Cindy: I reduced my cholesterol by 40 points and my doctor reduced my blood pressure medication

What advice do you have for others who want to get healthier and lose weight but are not sure how?

Deatra: The 12-week Change One program changed my life. Set realistic goals and take it slow. It took me 41 years to weigh 210 pounds and 12 short weeks to change my life.

Bradford: Start small. Start with something like Change One.

Implement the changes one at a time and celebrate your success. Set attainable short-term goals and make a plan.

Cindy: Change one thing at a time. Each little change will add up to a whole new way of looking at yourself and food. Don’t give up if you have a bad day, just know that tomorrow you will do better.

If you would like to learn more about the Change One Weight management program, please email:

HCUwellness@pb.com

Online supplement to Occupational Health Management / July 2009

Source: Pitney Bowes, Stamford, CT.

