



As an employer, do you understand that you are responsible for the workplace stress of your employees?

Do you have a stress management solution in place?

Let Busy Body manage this for you, with a tax-deductible Genetic-based health solution that comes to you!

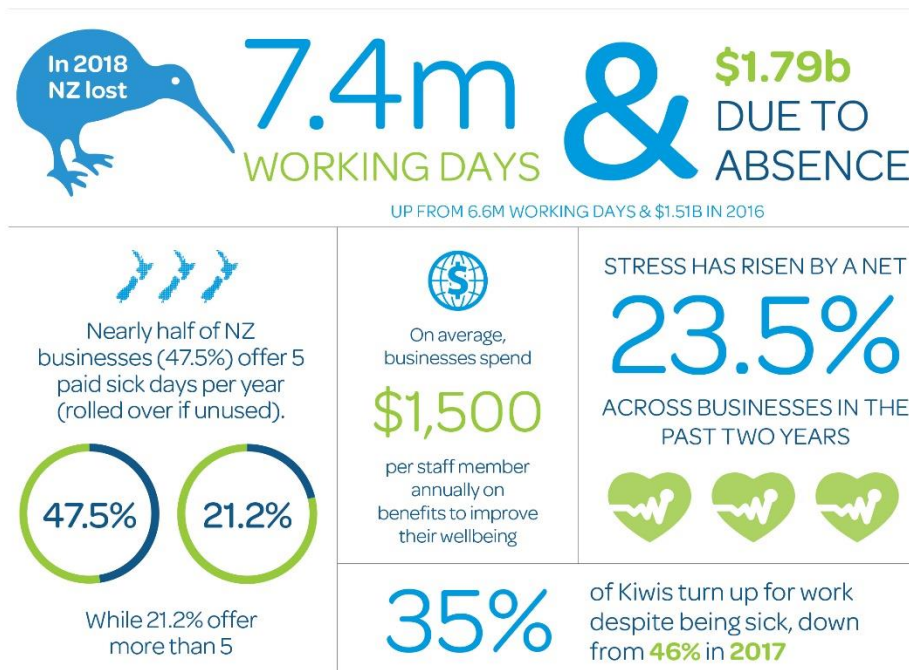
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## WHY IS MANAGING STRESS IMPORTANT?

Have you ever counted the cost of unproductive staff? Southern Cross Health Society have, and the stats are quite staggering:

Southern Cross Health Society-BusinessNZ  
**Workplace Wellness Report** snapshot – August 2019



Research for the Southern Cross Health Society-Business NZ Workplace Wellness Report was carried out between March and June 2019 with respondents asked to report on data for the period 1 January to 31 December 2018. In total, 99 enterprises responded, representing 121,252 staff (6.21 per cent of all NZ employees).



The statistic showing the greatest spike is stress, with a 23.5% increase reported in just 2 years. While short bursts of stress can be useful, prolonged or constant stress leads to hormone imbalances and eventually adrenal fatigue, where the adrenal gland is unable to produce cortisol and adrenalin, and the employee is running on empty.

## WHAT CAN BUSY BODY DO FOR STRESS LEVELS?

With Genetic health profiling, we create the most accurate and detailed health & fitness blueprint, unique to every employee. We use this blueprint to find 'their way' to hit their health goals, and create a plan that works for your employee's life. As their life gets closer in line with the ideal genetic blueprint, some of the positive effects for the employee will be:

- Increased energy levels, so the Employee is focused with a high output level;
- Boosted confidence & positivity, to become decisive with a can-do attitude;
- Strengthened immune system to fight off colds and the flu;
- More relaxed, smiling, laughing, and becoming a better team player ☺

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Busy Body also won the Innovation of the Year at the NZ Exercise Industry awards for our time-efficient exercise program. We can deliver this program for your employees on-site, in the best way for their body as detailed in their genetic profile.

## HOW DO YOU DELIVER THE PROGRAM?

Through a mobile Coaching service that comes to you! We only need a small space - a spare office or meeting room is perfect.

Firstly, we create the genetic profile in small groups. We then split the participants up into the 6 high-level 'health types' and make a plan for small group coaching or exercise sessions, depending on the priority for each health type.

Additionally, employees receive our complete support solution:

- Phone app with your unique genetic profile
- Motivational text messages with tips throughout the week
- Weekly 'Home Missions' around their top health priorities
- VIP facebook group for support, motivation and health resources

## HOW DOES THE PROGRAM WORK?

Ross at Busy Body is an authorised provider of the 'SMEAEP' program. SMEAEP stands for 'Stress Management Exercise Association Endorsed Program'. This program is approved by the IRD, and allows a business to claim our coaching and exercise sessions as stress management for Employees as a business expense. This means the business can claim the GST (15%) and the company year-end tax (28%), while being exempt from Fringe Benefit Tax (FBT). This is a win-win situation – the Employee gets a very high quality personal health and exercise solution, and the Employer get to claim up to 43% of the investment back!

**Number of Employees:** 20-60 staggered over one day (the ideal frequency per employee is weekly or fortnightly).

**Investment:** Per employee = starting from \$309 annually (60 employees). After GST and year-end tax claim back, net rate = starting from **\$189.11 annually**. This represents significant value compared to other corporate gym or health programs, and provides much more benefit to your employees!

### Common Investment scenarios:

- 1) The company covers 100% of this health investment for their employees. Annual investment per employee = starting from **189.11** (net).
- 2) The company covers 50% of this health investment, and reduces the employee's wage to cover the rest. The Employers' annual investment = starting from **\$94.55** (net).
- 3) If you have less than 20 employees, you can share the program between neighbouring businesses to reach the minimum 20 participants.

## GREAT, SO HOW DO I GET MY BUSINESS STARTED?

Let's talk! We can arrange a time to come and chat to your employees, and do a little demonstration completely free of charge. Once the coaching for your team is underway, we will provide a GST

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hello@busybody.co.nz [www.busybody.co.nz](http://www.busybody.co.nz)

invoice for your business for the previous 2 months, covering all the Employees improving their health through the SMEAEP program.

Have more questions before getting underway? We'd be more than happy to answer them! Contact Ross on 021 BUSY GUY (2879 489) or [ross@busybody.co.nz](mailto:ross@busybody.co.nz) for any specific information on how the Busy Body SMEAEP program can work for you and your employees 😊



Endorsed Provider

The following are endorsed to provide the SMEAEP programme:

Brought to you by:



Ross Bymolt – Personal Trainer

Recognised by:



SIGNED

Grant Helleur, Chair Exercise Association of New Zealand

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