

# About Us



## Preventative Health and Wellness

Gain freedom and independence from preventable healthcare issues, improve the value, quality of life and take advantage of long-term tax savings

Body Investment™ is committed to be the distributor of preventative health strategies for health conscious people. You will discover how to gain your independence from chronic diseases while empowering yourself to plan, control and save by using proven preventative health and wellness strategies.

Body Investments goal is to educate that conservative healthy choices can reduce or prevent chronic diseases by 80%.<sup>1</sup> These preventative strategies can reduce unplanned doctor visits, healthcare costs and improve quality of life.

By controlling healthcare cost with a proactive approach to wellness you can save \$500,000- \$1,000,000 in premiums, medical costs, prescription drugs and tax deductible health saving accounts over a 30 year period.<sup>2</sup> Body Investment believes it is easier and less expensive to stay healthy than treat preventable chronic diseases.

Body Investment will illuminate yours thought process that good health is a valuable commodity and with good health results with short and long term financial gains. By taking advantage of tax-free savings with health savings accounts your body is the key to long-term investment.

The strategy is simple: identify any health risk such as high blood pressure, cholesterol, blood sugar levels then take a conservative approach to a consistent exercise program, improve eating habits, stop smoking, proper sleep and stress management.

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<sup>1</sup> German Institute of Human Nutrition 35-65 year old Men & Women (Arch Internal Med 2009; 15:1355-1362)

<sup>2</sup> Discover Wellness "How staying healthy can make you rich" by Bob Hoffman and Jason Deitch-(2 ed)



# NEWS LETTER

## Preventative Health and Wellness

### **Gain freedom and independence from preventable healthcare issues, improve the value, quality of life and take advantage of long-term tax savings**

Presently there is an immense focus on healthcare and associated issues due to the media coverage given to the healthcare situation. With all the debate comes a general feeling of a lack of control of the situation regardless of the outcome. We can have many side effects of the healthcare answer, increased costs, less availability, more taxes, less disposable income.

We are spending about \$8000 per person on healthcare in the United States, which is 15% of gross domestic product and rising. The most effective way to govern your healthcare costs, availability and quality is to take the preventative approach. Incorporating a preventative, proactive planning strategy to health and wellness will lower our overall cost while improving quality of life.

With the cost for insurance premiums rising, the high deductible policies approaches are more common in many individuals. More out of pocket expenses are necessary to cover medical cost and the use of flex and health savings accounts has increased. People can feel more in control of medical costs making these policy changes and planning cost control with these tools.

The new era of preventative wellness, strategic planning managing costs through tax free health savings accounts has arrived. Using a proactive approach in spending and managing your care while incorporating an effective tax strategy you can actually save a considerable amount of money over an extended period of time. Estimates range from \$500,000 to \$1,000,000 over a 30-year period if the process begins in your thirties.

A large study of 20,000 people in Europe over an extended period has proven preventative strategies will reduce cancer 36%, diabetes 93%, 81% heart disease. The simple approach of not smoking, regular exercise, healthy diet and healthy weight can greatly reduce these preventable diseases. It can work for the individual and it can work for organizations working together using an preventative concept.

