

October 16, 2013

# London company Employee Wellness Solutions fit for another 10 years



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Meaghan and Garth Jansen of Employee Wellness Solutions Network.

It's been a decade of sweat and they've loved every minute of it.

Husband-and-wife team Garth and Meaghan Jansen are this month celebrating the 10<sup>th</sup> anniversary of their company, Employee Wellness Solutions Network.

They specialize in helping companies to help their staff stay healthy, and over the years they've seen a change. More and more, employers are learning that it's good business to have healthy staff, says Garth. "The honest truth is it feels great to still be running a business after 10 years," he laughed. "We feel like we've reached a milestone, a landmark."

EWS runs a network of consultants across Ontario, each working with human resources departments in client companies to encourage staff to exercise and stay healthy.

There are more than 75 clients in 55 locations, with the average client having 118 employees. They range from 10 staff to more than 1,000.

"Clients contact us to essentially evaluate their company, then making custom employee wellness programs for their organization," said Jansen, who is the company president.

EWS sends in a consultant to draw up a program on-site, trying to educate workers and executives and addressing what Jansen calls a company's "wellness gap" – the distance between the health of its employees and their benefits coverage. It can be wider than you think, and it's hitting company profits. "People are starting to consider it an integral part of their overall benefits strategy," said Jansen.

"Their employees are their biggest asset and they need to take care of them. People are starting to realize that they can't afford, as far as their benefit premiums go, a 10 to 20 per cent increase annually. "Instead of cutting benefits, they need to invest in something to get in front of this and slow that rate of increase down."

As well as another 10 years, the Jansens have something special to look forward to. Meaghan Jansen has been named on Business London's 20 Under 40 awards list, as one of the top local leaders younger than 40.

The gala awards dinner is on November 14.

The EWS Network is planning to celebrate its 10<sup>th</sup> anniversary by having almost 50 runners from their clients join the Halloween Haunting Run.

### **Celebrate with a run**

It's a serious 10K or 5K event, but also a fun run with people in costume. It takes place in Springbank Park on the morning of Sunday, Oct. 27. Visit [londonroadraces.ca](http://londonroadraces.ca) for more information.