



The Clinical Powerhouse
HEALING THE WORLD

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A10 Clinical Solutions Featured in New *WorkWell NC* Video on Worksite Wellness

CARY, NC – [A10 Clinical Solutions, Inc.](#), a clinical research and clinical care company that helps clients install onsite primary care clinics and employee preventive health programs, has been selected itself as a small-business worksite wellness success story for *WorkWell NC*. Governor Bev Perdue today announced the launch of a free, web-based tool to help small businesses develop worksite wellness programs like those shown implemented at A10 in a [video](#) as part of the *WorkWell NC Eat Smart, Move More North Carolina*, a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

A10 sees employee health as a competitive advantage for itself and for other businesses and utilizes simple programs in-house to keep its own staff thriving. In the video, A10 shows its “An Apple a Day” program with freely available fresh apples for employees and demonstrates how it encourages regular stretch breaks for employees to stay mentally fit.

“It is up to us as employers to take care of our most valuable assets, and that is our employees,” says A10 President and CEO Leah Brown. “If it is going to keep people well, we want to be in that business. A10 is delighted to be associated with the Eat Smart, Move More North Carolina launch.”

A10 staffs and manages client onsite employee health clinics, incentive wellness programs, health risk assessments, employee health improvement goals and activities, corporate health fairs that coordinate with benefits offerings, and health improvements cost-savings over time. With 75% of the nation’s healthcare spending going toward chronic diseases that are largely preventable, A10 has been a corporate leader in directing attention to disease prevention as a key to reducing healthcare spending and employee premiums.

“There is strong evidence that participating in a worksite wellness program is an effective way for employers to create a healthier, more productive workforce,” said Chronic Disease and Injury Section Chief Dr. Ruth Petersen. “The American Institute for Preventive Medicine estimates that worksite wellness programs deliver an average of \$3 return on investment for every \$1 spent, through increased productivity and reduced health care costs.”

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ABOUT A10 CLINICAL SOLUTIONS, INC.:

[A10 Clinical Solutions, Inc.](#) specializes in clinical research and on-site preventive-care health clinics for large pharmaceutical companies, government agencies, hospital systems and corporate entities. A10 has developed a national reputation for supporting clinical projects that have a significant impact on communities that have traditionally experienced healthcare disparities. A10 specializes in clinical research, clinical care, government services, and other clinical support services.

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