

YOUR MONEY, TIME AND FUTURE ARE TOO PRECIOUS TO LOSE ON WELLNESS PROGRAMS.

THEY MAKE YOU ALL DO THE WORK, WITH NOT MUCH, USUALLY NOTHING IN RETURN.

THEY SIMPLY DON'T WORK.

WHY negligible-risk, nominal-cost, high ROI value based Cued?

"With all due respect to History teachers, people generally give events that have yet to come more value than those that have already happened. This way of thinking is far from illogical; the future is never certain and can always change while the past remains the same. But some new experiments show that people tend to place more value on events in the future, even when it's completely irrational."

According to "psychologists Eugene Caruso of Graduate School of Business of the University of Chicago, Daniel Gilbert of Harvard University, and Timothy Wilson of the University of Virginia."

<https://www.psychologicalscience.org/news/releases/new-study-explains-why-the-future-is-more-important-than-the-past.html>

Flaws and failures in the fields of medicine and science wrong reports on the effectiveness of new therapies based on publish or perish and on profit is the norm:

"We live in a time when independent critical thinking is essential."

<https://medium.com/@BlakeGossard/evidence-based-lies-1ec8db16cc8a>

WELLNESS PROGRAMS HAVE FAILED TO WORK

Workplace Wellness Programs Really Don't Work They aren't saving money or making employees healthier, a new study finds. By Rebecca Greenfield January 26, 2018

"It turns out that those most likely to take advantage of their employer's wellness offerings are healthy people who don't spend a lot on health care,

and employees with the highest health-care costs are the least likely to participate. Surveys the researchers offered enrollees also found that wellness had no impact on job satisfaction or productivity.

Despite questions as to whether wellness programs actually work, companies are still pouring money into them. The industry ballooned from a \$1 billion one in 2011 to \$6.8 billion five years later, according to an IBIS World analysis, and last year, almost a quarter of employers boosted their wellness offerings, the Society of Human Resource Management found in its yearly benefits survey

<https://www.bloomberg.com/news/articles/2018-01-26/workplace-wellness-programs-really-don-t-work>

... major new study finds virtually zero benefits from a workplace wellness program in its first year: No lower health costs. No fewer sick days. No extra trips to the gym. No rise in productivity.

<http://www.wbur.org/commonhealth/2018/01/26/gold-standard-workplace-wellness-zero>