

**NEWS RELEASE: Health Insurance:** Alt Benefit Consultants Takes Lead to Kick Start Healthy New Year



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*Wellness Program Helps Clients Get Healthy, Businesses Save Significant Dollars*

**Fort Worth, TX – December 17, 2007** – Alt Benefit Consultants wants to be the first to kick off the New Year on a “healthier” foot. Clients of ABC enrolled in Flex or HRA accounts are now automatically enrolled in a program called *My ePHIT* health and wellness, which provides specific programs for businesses that empower them to proactively take the reigns of health initiatives with employees.

The *My ePHIT* program is a service offered by ABC that helps employers reduce and lower healthcare claims by an average of 29 percent, decrease absenteeism by a whopping 77 percent, and increase productivity by an average of 23 percent, according to *My ePHIT*. The goal of the *My ePHIT* program is to provide every individual, family and organization the knowledge and tools to improve their individual and collective health and wellness by providing proven, simple and effective online programs and services.

Those employees who do not currently have a Flex or HRA account can be added to the Alt Benefit Consultants *My ePHIT* wellness program for only 60 cents per person per month.

ABC president Sharon Alt says, “The health and wellbeing of our employees is important to us as a business, and we encourage our clients, and honestly every business, to take part in either our program or create a program of their own that encourages healthy living, eating right, and exercise. As a health insurance and employee benefit administrator, we believe that healthy employees are happy and productive employees - and we can all take control of bringing health care costs down by joining fun and motivating programs like *My ePHIT*.”

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**About Alt Benefit Consultants**

Alt Benefit Consultants is a privately owned employee benefits compliance firm that works with small to midsized businesses to create competitive and innovative healthcare benefit packages for employers and employees alike. The company specializes in lowering employer and employee healthcare costs through better education and tax incentives that increase employer control while also increasing employee benefit choices. ABC is headquartered in Fort Worth, Texas and offers expertise in such programs as health reimbursement arrangements (105 HRA), flexible spending accounts (125 FSA), health savings accounts (HSAs), and COBRA and HIPAA administration. More information can be accessed at [www.altbenefits.com](http://www.altbenefits.com) or by calling 817.731.6258.

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**Editor's Notes:** **Alt Benefit Consultants** Takes Lead to Kick Start **Healthy New Year**