Lockton’s Kansas City Benefits Operation Hosts Annual Client Seminar

Event promotes “Finding Balance” with finance, wellness, and personal development

(Kansas City, MO) 16 June 2014 – The Kansas City employee benefits division of Lockton Companies recently hosted its annual client seminar. The seminar, titled “Finding Your Balance,” focused on the future of employer-sponsored wellness programs, financial wellness, and how happiness influences health and behavior. It included speakers from the Midwest Business Group on Health, Principal Financial Group, and keynote speaker Kathleen Passanisi.

Jerry Patterson, Senior Vice President of Retirement and Investor Services for Principal Financial Group discussed how to turn financial wellness behavioral challenges into behavioral solutions, suggesting that if individuals can reduce financial stress, reduce unhealthy behaviors, then they will reduce healthcare costs and ultimately be healthy, wealthy, happy, and productively engaged.

The seminar provided Lockton benefits clients with information and key insights on successful financial plans and why they work, equipping clients with information on surveys and employer benchmarking such as top employer priorities (like reducing health benefit costs, expanding wellness, etc.), and success of population health strategies such as a healthy culture, involving senior leadership, etc. Cheryl Larson, Vice President of Midwest Business Group on Health, stated, “Staying diligent through marketplace efforts that address quality and costs are as important as ever. Be engaged in the process.”

A total wellness approach is relatively easy to measure; the reason people don’t do it is because of their perceptions and beliefs. To gain a perspective, Patterson spoke about how people think it (wellness) costs too much, but 24 percent of financial stress increases healthcare costs, so the key is to not stress. Learning how to handle stress was also a key component of Passanisi’s discussion on how happiness influences our health and behavior. “There is no downside to happiness. It improves the quality of our health, our relationships, and our communities. And it’s free. Better still, it’s contagious,” said Passanisi.
Lockton Benefits Kansas City’s Annual Client Seminar provided clients with unique views on health and wellness. A key takeaway could be that your engagement, happiness, and wellness directly correlate with how productive and healthy you can be.

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**About Lockton**
More than 4,950 professionals at Lockton provide 35,000 clients around the world with risk management, insurance, and employee benefits consulting services that improve their businesses. From its founding in 1966 in Kansas City, Missouri, Lockton has attracted entrepreneurial professionals who have driven its growth to become the largest privately held insurance broker in the world and 9th largest overall. Independent researcher Greenwich Associates has awarded Lockton its Service Excellence Award for risk management for large companies. For five consecutive years, Business Insurance has recognized Lockton as a "Best Place to Work in Insurance." To see the latest insights from Lockton's experts, check the Lockton Health Reform and Compliance Services Blog.

**About Midwest Business Group on Health**
They were founded in 1980 is a non-profit, Chicago-based 501(c)(3) business coalition comprised primarily of human resource and health benefit professionals along with other health care stakeholders from over 120 large self-insured public and private employers such as Boeing, Ford, Kraft, OfficeMax, Procter & Gamble, State of Illinois, etc. Members are represented by senior human resources/health benefits professionals. Members annually spend more than $4 billion on health care for over 4 million lives. They were a founding member of the National Business Coalition on Health.

**About Principal Financial Group**
The Principal Financial Group is a leading global financial company offering businesses, individuals and institutional clients a wide range of financial products and services.

Our range of products and services includes retirement solutions, insurance, and investment products through our diverse family of financial services companies and national network of financial professionals.

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