

Northwestern Mutual Commitment to Wellness

Building from a rich history of more than 150 years, Northwestern Mutual has had a longstanding dedication to health and wellness, providing rich benefits and programs for our most valuable asset, our employees.

Northwestern Mutual's health care program, "Our Mutual Health," is committed to promoting a wellness culture, helping manage the growth of health care costs, increasing employees' attention to health and wellness issues and encouraging employees to become expert health care consumers.

Our Mutual Health offers innovative programs such as "Step by Step" that engage employees to walk more and be better aware of their fitness levels. Other wellness activities and opportunities range from in-house mammograms to on-site fitness facilities, an innovative weight loss program and healthy food selections in our cafeterias. More than 80 percent of employees are involved in one or more Our Mutual Health wellness initiatives.

We believe that providing a high quality work environment involves, among other things, giving employees the opportunities to make healthy lifestyle choices. It's simply the right thing to do – for employees and Northwestern Mutual.

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