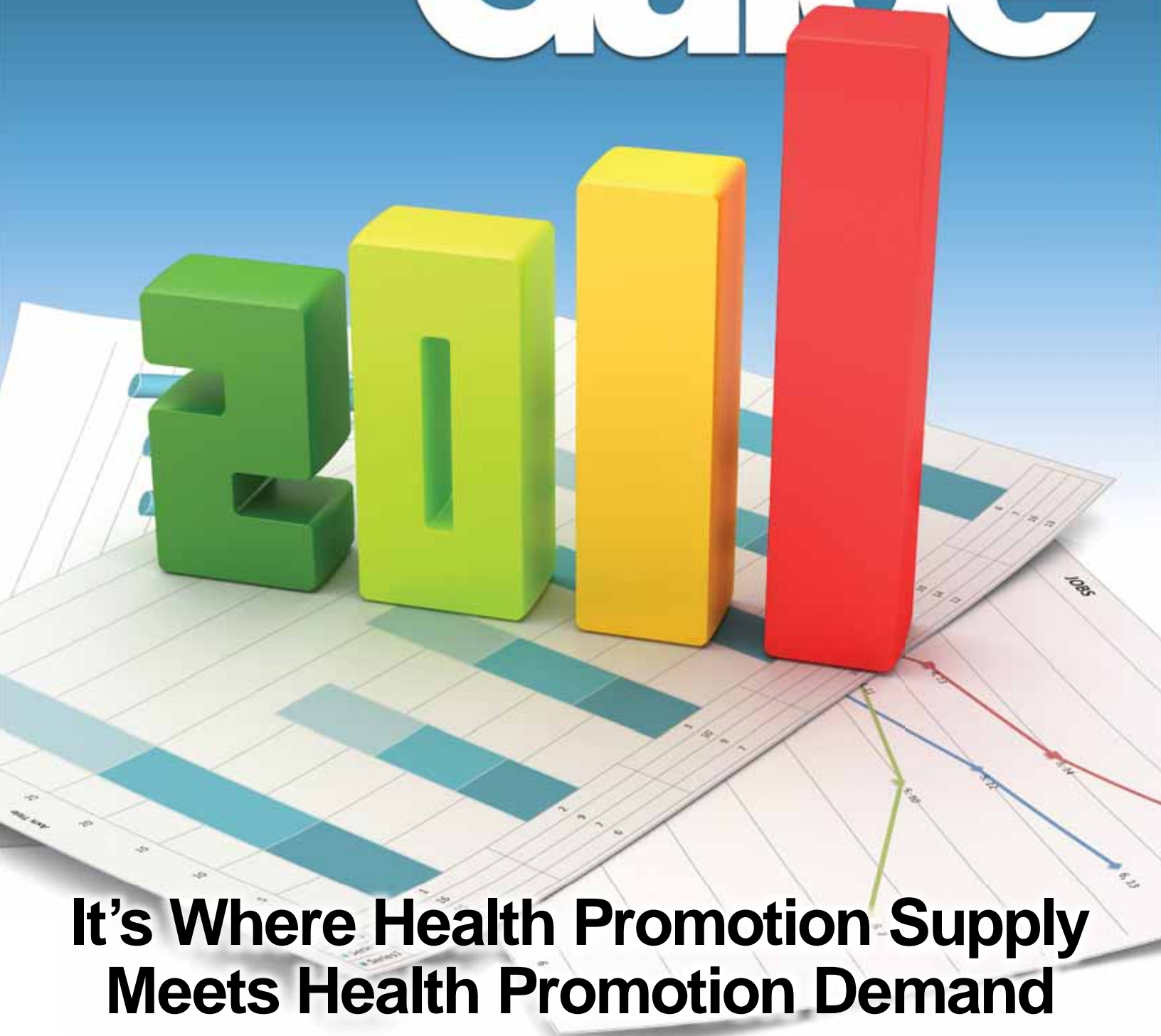


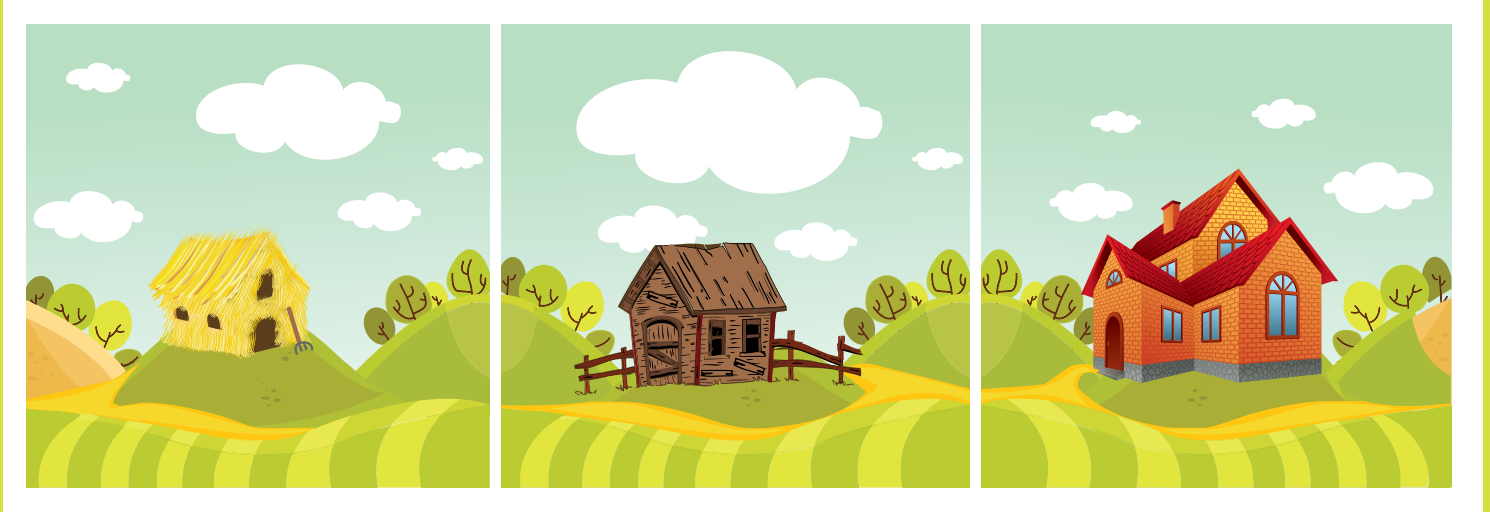
 WELCOA's 2011

Buyer's Guide



**It's Where Health Promotion Supply
Meets Health Promotion Demand**

There are many different wellness programs out there...



Isn't it worth building yours right the first time?

Here at OMC, we've been building the best in wellness program services since 2001. We have the experience, research and ROI results to help you do the same.

Establish a strong foundation with OMC's Wellness Works Solution through:

Training

Learn how to build a wellness business, win clients and demonstrate outcomes and long-term program success.

Online Management System

Access one of the most powerful wellness program management applications in the industry, including: Physician-developed HRA; Biometric Measurement Tracking; Personalized Health Summaries; Comprehensive Reporting Package; Over 160 Built-In Education Handouts; and Best Practice Protocols.

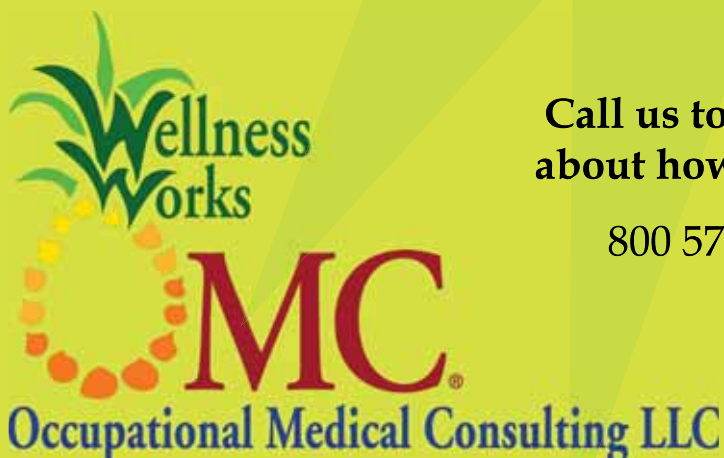
On-Demand Support

Need guidance? The Wellness Works Solution is supported by on-demand telephone support and consulting services to ensure that your program is a success.



Call us today to learn more
about how we can help you.

800 575 6537 ext 3207



WELCOA Platinum Award Winner

306 Campbell Road
Leeds, ME 04263
info@omcwellness.com

Buyer's Guide

WELCOME

Absolute Advantage is the interactive workplace wellness magazine that helps large and small employers link health and well-being to business outcomes. *Absolute Advantage* arms business leaders and wellness practitioners with leading-edge workplace wellness information straight from the field's most respected business and health experts.

With its online component, *Absolute Advantage* provides the industry's most current and accurate information. By logging on to the magazine's interactive website, you can access a whole new world of health promotion—including in-depth interviews with national health promotion experts and insider's information about industry products.

SUBSCRIPTION INFORMATION

For information about becoming a WELCOA member, contact the Wellness Council of America at (402) 827-3590 or via e-mail at wellworkplace@welcoa.org.

EXECUTIVE EDITOR | David Hunnicutt, PhD

Dr. Hunnicutt is President of the Wellness Council of America. As a leader in the field of health promotion, his vision has led to the creation of numerous publications designed to link health promotion objectives to business outcomes.

VICE PRESIDENT OF OPERATIONS | Brittanie Leffelman, MS

Brittanie is the Vice President of Operations and manages major writing projects at WELCOA. With a Master's Degree in Health Promotion, she regularly coordinates national health forums, major grants, and state and local wellness initiatives.

DIRECTOR OF MARKETING | William Kizer, Jr., MBA

As Director of Marketing, Bill is responsible for the design and oversight of WELCOA's marketing programs. With a Master's Degree in Business Administration, he communicates the value and benefits of WELCOA and its many products to organizations around the country.

MULTIMEDIA DESIGNER | Adam Paige

With over 20 years of corporate experience in design and videography, Adam brings a wealth of talent to WELCOA's publications. In the capacity of a multimedia designer, he contributes to the publications of *The Well Workplace* Healthletter and *Absolute Advantage* magazine.

CREATIVE PROJECT MANAGER | Graden Hudson

Graden Hudson is an integral part of the WELCOA creative team. As a skilled and talented designer, he brings a fresh perspective to WELCOA's line of publications. In his capacity as a graphic designer, Graden lends his creative energy to advancing WELCOA's mission on a national playing field.

COMMUNICATIONS ASSOCIATE | Madeline Jahn

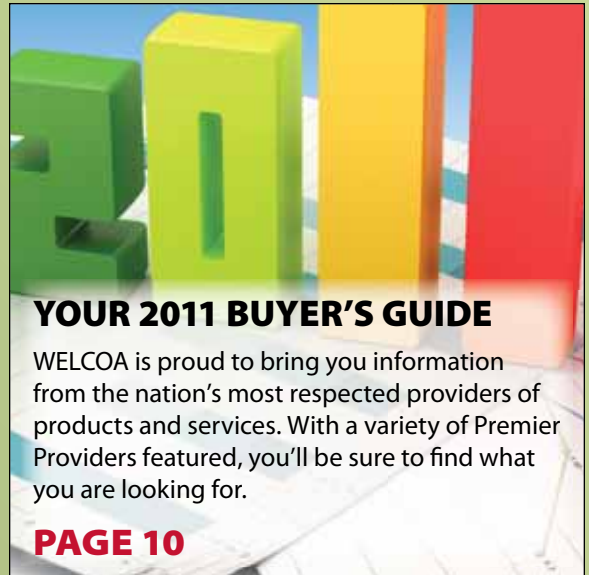
Maddy is the Communications Associate for the Wellness Council of America. Her role is to coordinate the development of new publications and pool existing resources for WELCOA members, serving the mission of health promotion through marketing and planning support. She earned her Bachelor of Arts from Creighton University, and is currently pursuing a Master's Degree in Organizational Leadership from the College of Saint Mary.

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WHAT'S INSIDE

You'll want to make sure to check out this section of the 2011 Buyer's Guide—it will lead you through the essentials on "what's inside."

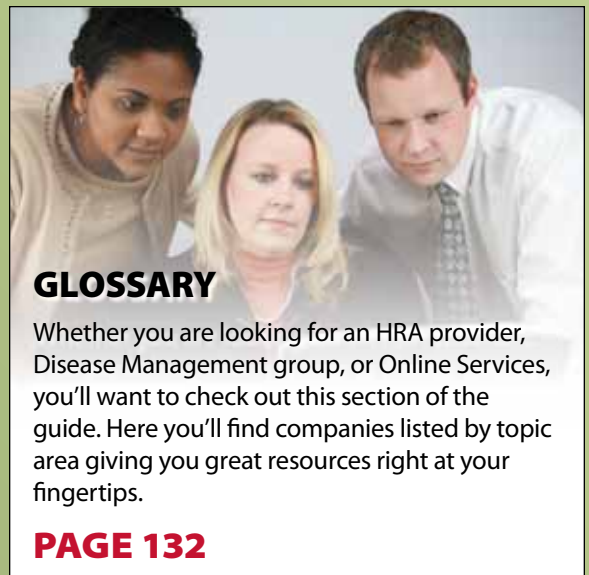
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YOUR 2011 BUYER'S GUIDE

WELCOA is proud to bring you information from the nation's most respected providers of products and services. With a variety of Premier Providers featured, you'll be sure to find what you are looking for.

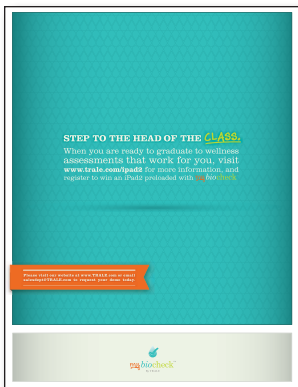
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GLOSSARY

Whether you are looking for an HRA provider, Disease Management group, or Online Services, you'll want to check out this section of the guide. Here you'll find companies listed by topic area giving you great resources right at your fingertips.

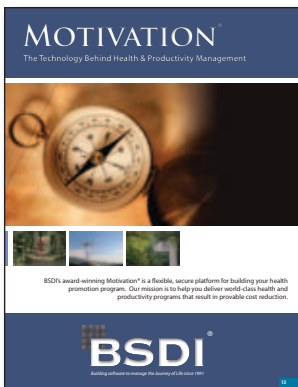
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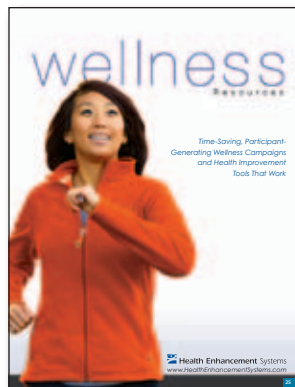
Trale, Inc.
For more information,
see the ad 13-18



Polar Electro, Inc.
For more information,
see the ad 31-34



BSDI
For more information,
see the ad 19-22



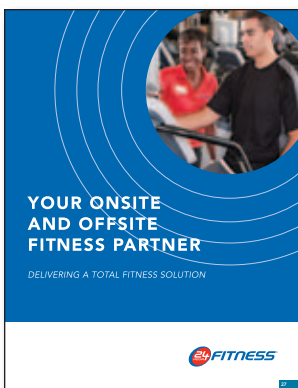
Health Enhancement Systems
For more information,
see the ad 35-38



The Methodist Hospital-Wellness Services
For more information,
see the ad 23-26



Provant Health® Solutions, LLC
For more information,
see the ad 39-43



24 Hour Fitness
For more information,
see the ad 27-30



American Institute for Preventive Medicine
For more information,
see the ad 44



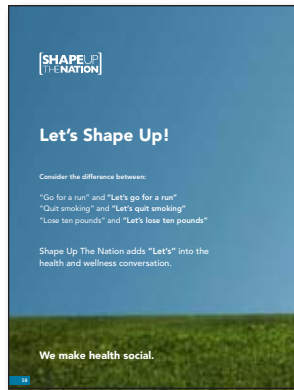
Apermon
 For more information,
 see the ad45-48



Aquila, Ltd.
 For more information,
 see the ad61



TAVi Health
 For more information,
 see the ad49-52



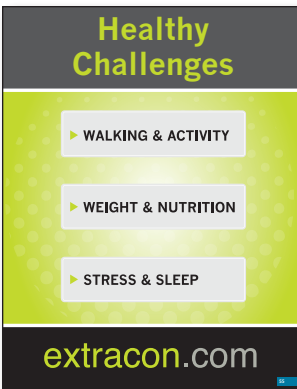
Shape Up The Nation
 For more information,
 see the ad62-65



SimplyWell LLC
 For more information,
 see the ad53-56



US Corporate Wellness, Inc.
 For more information,
 see the ad66-69



Extracon Science LLC
 For more information,
 see the ad57-60,
 inside back cover



Wellness Jackpot
 For more information,
 see the ad78-81

What Is Wellness Worth?
ROI
(Return on the Individual*)

Blueprint for Wellness gives you a return on your investment as well as a return on the individual. The ROI is calculated by comparing the cost of the program to the increase in productivity — for that is your individual employee goal. For more information, contact us at 800-848-1944. Our customized Blueprint for Wellness helps employers successfully increase health outcomes, improve health literacy and increase retention in the workforce.

Quest Diagnostics offers you comprehensive health and safety program options, including more than 1,000 medical professionals and staff to support your 2013 business. Customized programs can include blood draws for various at-risk blood conditions, point-of-care testing, and comprehensive assessment tools to help you improve.

Maximize Your Wellness Return on the Individual with Blueprint for Wellness from Quest Diagnostics

Blueprint for Wellness®
www.blueprintforwellness.com | 800-848-1944

Quest Diagnostics
For more information, see the ad82

BRAVO WELLNESS

Innovative Benefit Designs That Yield Instant Savings

Bravo Wellness specializes in developing flexible, HDFA compliant employee wellness programs that give employees financial rewards for achieving healthy behaviors.

Employees who achieve and maintain healthy lifestyles pay a smaller share of the cost of health coverage costs.

Employees are motivated to engage with cost-shifting to employees who fail to exhibit healthy behaviors.

Bravo Wellness LLC
For more information, see the ad 92-95

Does the thought of organizing your flu shot clinic make you sick?

Midland Health believes planning your flu shot clinic should be easier than getting the flu shot itself. You need just one simple phone call to get your clinic set up.

As a national provider, we will call all your providers to coordinate the flu shot, we handle the necessary professional fees, you do back and forth all the work for your employees and handling employees!

Now it's the time to schedule your clinic. Do not let your administration be available at all this winter shot week. Call 800-848-1944 in this year's holiday.

Keep your employees healthy and productive!

Midland Health
On Site • Everywhere
800-848-1944
262-754-3130

1201 N. Lincoln St. Suite 200
Bismarck, ND 58105

www.flushots.com

Midland Health
For more information, see the ad83-84

Want to double the participation in your wellness program?

Reach your entire population, including remote employees and dependents, with BioIQ's at-home screening services.

BioIQ will send test kits to employees' homes or workplaces. Use them as a stand-alone screening solution or to augment an on-site screening program.

Participants simply drop their samples in the mail to reach them to BioIQ's CLIA-certified lab, which uses FDA-approved equipment to ensure the highest possible accuracy.

Participants receive private, easy-to-read lab reports to share with their physician or health coach. Employees obtain critical diagnostic information surrounding the health of the population, and can integrate employee health records with their wellness provider or carrier.

Employee Reaction:

- One active health and wellness advocate for their company (John Johnson, CEO, LLC, Inc.)
- All employees (100% of total)
- All dependent children (100% of total)
- 100% participation rate
- 100% satisfaction rate

Employer Reaction:

- Improved data, including employee trends to help improve your health and safety program
- Turn-key communications package to drive engagement
- Fully integrated with wellness providers or health insurance

For more information contact us at wellness@bioiq.com, call 800-848-8886 x300, visit us online at http://www.bioiq.com, or return the business reply card in this buyer's guide.

BioIQ
For more information, see the ad..... 96-97

CHANGING THE GAME
INTEGRATED WELLNESS WELLNESS SOLUTIONS

Viridian Health Management, LLC

At Viridian, we offer solutions for your organization's wellness needs:

- Reduce healthcare provider visits up to 14.5%
- Reduce lost work days up to 10.5%
- Reduce absenteeism work days up to 20%

1201 N. Lincoln St. Suite 200
Bismarck, ND 58105

Viridian Health Management, LLC
For more information, see the ad85-89

PROACTIVE PARTNERS

KEEPING YOUR ORGANIZATION HEALTHY

Proactive Partners manages fitness centers for corporate facilities, hospital and health systems, and office buildings throughout the country. With more than 40 years of experience working with blue-chip clients, we're known for our ability to provide wellness initiatives that help improve fitness while helping you maintain a healthy financial bottom line.

Let us help you improve your fitness operations today.

Proactive Partners
For more information, see the ad 98-101

CLUB ONE:
A Leader in Corporate Health and Fitness

We know what counts—healthier, happier and more engaged employees. In turn, reducing your company's healthcare costs and increasing employee productivity. Our customized Health Management Solutions works with any company size or budget to help build stronger employee engagement.

Club One
For more information, see the ad90-91

Chenoweth & Associates, Inc.

For more information, see the ad 102-105

Announcing WELCOA's Second Annual...

National Training Summit

How To Integrate Self-Care & Wellness

- Promote Self-Responsibility
- Improve Employee Health
- Generate ROI

OCTOBER 4 & 5, 2011
QWEST CENTER, OMAHA, NE

FOR ONLY \$389
RESERVE YOUR SPOT TODAY!

WELCOA ACT NOW—LIMITED SEATS AVAILABLE TO REGISTER. GO TO: <http://www.welcoa.org/store/product/leading-conference/>

WELCOA

For more information, see the ad... 106, 131, 134

Choose a wellness company with a **successful track record.**

INNOVATORS IN WELLNESS FOR 30 YEARS. 800.525.9355 WWW.WELLSOURCE.COM

Wellsource
THE HEALTH VALUE-DRIVEN SOLUTION

Wellsource, Inc.

For more information, see the ad 119-122, back cover

Complete health and wellness portal for providers and major employers

Your wellness portal should **exceed expectations**

- 1 Measure health and strategies
- 2 Integrate change with fun initiatives and education
- 3 Integrate high touch programs and coaching

Other crowd-pleasing health programs within a CoreHealth ecosystem. They all come with the same solid experience. Unlike with a traditional vendor you're responsible for the integration of all the pieces. CoreHealth's system, with its robust content, integration, coaching, and analytics, has been the industry's choice for the last several years. It's the only system that can be integrated with your existing HR and IT systems. The result is a seamless and powerful employee health solution that is truly integrated. A built-in assessment to assess a company's current health and wellness program is a key feature. It's the only system that can be integrated with your existing HR and IT systems. The result is a seamless and powerful employee health solution that is truly integrated.

coreassess corexl coreeducate corecoach

Internet anywhere compatible Works with iPhone For around the globe multilingual

CoreHealth Technologies Inc.

For more information, see the ad 107-110

Let's put the pieces together.

PureWellness—Wellness Made Easy

For more information, see the ad 123-126

Health Coaching, ODM, Case Consulting & ERP

Employee-Wide Training

Health Power Assessments (HPAs)

Employee & Family-Centered Support
Delivered and Integrated to Customer Benefit

Other Key Elements:

- Flexible Content & Dynamic Design
- Real Time
- Personalized & Custom Support
- Learn & Engage
- HPA Compliance

It's all about the **right stuff**

RIGHT support RIGHT integration
RIGHT content RIGHT resources
RIGHT skills RIGHT compliance rates
RIGHT care RIGHT partners
RIGHT premises RIGHT savings

You can do it, too.

visit hpn.com

HPN Worldwide, Inc.

For more information, see the ad 111-114

ROCK STAR

live on

Rock stars have the power to get creative with their assets and get people moving. Just as the best rock stars know how to engage and inspire the crowd, our 15 years of research and experience have taught us a thing or two about engaging our audience. Through our Engagement Strategy, Account Teams and on-demand faculty, we've developed a custom engagement strategy for your organization. But one rock star can tell you, engaging the crowd takes more than a strategy. It takes passion, energy, and authentic inspiration. We've got that covered. Our personalized client engagement website, robust content, integrated coaching, health challenges, incentive administration and flexible health portal are just some of the instruments we can use to get your crowd going. There's a lot more where that came from. WE'RE READY TO ROCK.

Onlife Health

For more information, see the ad 127-130

Summit Health

Why Choose Summit Health?
Here's The Latest Mountain Of Data.

www.summithealth.com

Summit Health

For more information, see the ad 115-118





How will you find **a better solution** to the rising costs of employee health?

Simple. Follow the Leader. Health Designs.

 That's what more than 250 satisfied companies nationwide have done. And for good reason.

Through Health Designs, you can give your employees the skills and tools they need to improve their health... improve their job performance... and sustain healthy habits.

All while creating a positive corporate environment that encourages employee engagement and empowerment. That translates into greater productivity, lower health care costs, and a more robust bottom line for your business.

A Proven Foundation for a High-Performance Culture

You know a cookie-cutter wellness program won't work for you. It's got to be one designed to meet your business' exact needs. At Health Designs, that's how we work — as part of your team.

We'll help you create the solid foundation that reaches and engages — what all truly successful worksite wellness programs need:

- **Proprietary process for health assessments**
- **On-site health screenings**
- **Face-to-face coaching**



From Our Clients...

Everyone here is still excited about the health screening. It was a great success thanks to you and your wonderful staff. The best part to me is that I am getting all the credit! Using your company is one of the best decisions that I have ever made.

Phyllis C. Owens, Human Resources
Fishman & Tobin, Inc.
New client

As a leader in the business aviation industry, Duncan Aviation is exceedingly particular when selecting vendors and partners. This high standard has made us #1 in the aviation industry, and the same high standard led us to join forces with the professionals at Health Designs, which resulted in a very successful inaugural health screening. As a multi-shift, multi-site company, we made very demanding requests of Health Designs in terms of varying screening shifts and alternating screening locations. Ann Sabbag and her staff were incredibly accommodating.

Craig Johnson, Wellness, Safety, and Training Manager
Duncan Aviation
Client for five years

Jacksonville Electric Authority (JEA) has been awarded the Platinum Well Workplace Award from the Wellness Councils of America. Only twenty-three companies in the country have ever earned this honor. JEA would like to officially recognize the assistance and support of the Health Designs team in helping JEA earn this accomplishment.

Jim Dickenson, Managing Director/CEO
Jacksonville Electric Authority
Client for nine years

Plus — we understand the power of lifestyle and biometric data. That's why we also include **executive reporting** to provide you with a plan for improving employee health.

You'll be able to identify risks... evaluate trends... and manage your wellness program for best results.

And that means the greatest return on investment for you.

Inspire. Motivate. Perform.

If you're serious about your business, Health Designs is the company that provides a solid foundation for a happier, healthier workplace.

Create health. And achieve positive change that lasts.

Call us, with confidence. 904.285.2019
Or visit our website at www.healthdesigns.net
and request a customized proposal.





Is the health of your workforce at risk?

Telephonic wellness coaching can help your team function at its best.



St. John's Corporate Health & Wellness

Custom wellness solutions for your organization

wellnesspartner.org • (417) 820-2325

**FINALLY, SOMEONE
IS MAKING SENSE
OF THE NUMBERS.**

Register to win an iPad2 preloaded with MyBioCheck™, details on back.



Coming to an iPad near you



TRALE puts the health of your company at your fingertips with MyBioCheck™, the revolutionary biometric health risk assessment application developed specifically for the Apple iPad. By harnessing the processing power of the world's best-selling tablet computer, TRALE has made it possible for organizations of all sizes and types to quickly and efficiently collect, analyze and report biometric data from their workforce. The knowledge you gain from MyBioCheck™ will directly impact your organization's bottom line by helping you select the wellness and disease management programs that will most benefit your employees.

Assessment made easy

MyBioCheck™ streamlines the assessment process through its simple and intuitive touch screen user interface. It also collects only the most valuable biometric data, which may be provided by popular diagnostic devices from Cholestech and CardioChek.

Register to win an iPad2 preloaded with MyBioCheck™, details on back.

www.MyBioCheck.com

Put your trust in TRALE

After more than a decade of pioneering work in wellness assessment, the company that introduced the Explorer Online Health Risk Assessment and the Backpack™ Portable Health Risk Assessment is moving to the head of the class by making biometric health risk assessments more meaningful to your employees - and more valuable to you.

Data-driven decisions

The application's powerful, simple-to-use analytic and reporting tools take the guesswork out of workplace wellness. MyBioCheck™ makes it possible to strategically focus your wellness dollars where they will have the greatest impact by allowing you to custom-segment your population and identify trends before they become health risks. You'll be able to choose wellness initiatives that target those potential health risks to help reduce the incidence of chronic disease in your workforce. Healthier employees mean a more productive workforce.

MyBioCheck™ Report Card for employees

MyBioCheck™ simplifies biometrics by adopting a model easily understood by all: the report card. Within seconds of data collection, MyBioCheck™ analyzes participant data and generates a printer-friendly one-page MyBioCheck™ Report Card, custom-branded with your company's logo. Unlike complicated lab reports, the report card expresses participant wellness in four major categories (blood pressure, cholesterol, weight and diabetes risk) using letter grades and grade point averages (GPAs). In addition, the participant is awarded a cumulative health grade and GPA that summarizes their overall wellness based upon their biometric data, in conjunction with their age and gender.


Participants can immediately identify their wellness strengths and weaknesses, where they are doing well, and more importantly, where they need improvement. Thanks to the application's data storage capabilities, MyBioCheck™ also makes it easy for participants to track their wellness over periods of time. The MyBioCheck™ Report Card explains in simple language why these biometric values are critical and how they contribute to chronic disease. Finally, the report card provides simple, but effective action items that participants can immediately do to improve their grades - and their health.

MyBioCheck™ Aggregate Report Card for you

MyBioCheck™ Aggregate Report allows you to quickly assess the health of any segment of your organization in readily comprehensible terms. Your company-branded, four-page MyBioCheck™ Aggregate Report begins by assigning letter grades and GPAs for five major wellness categories (blood pressure, smoking, diabetes, weight and cholesterol) and indicating visually which segments of your population are at the greatest risk for chronic disease. Each of the five areas is then examined at a more granular level, allowing you to quickly identify if and how much your participants are deviating from recommended values. The report also provides summary data points from previous assessments, making it easy for you to quickly identify potential risk trends in specific segments of your population. Finally, the MyBioCheck™ Aggregate Report provides an executive-level snapshot summary of the health of your organization, and offers suggestions for implementing specific programs that will positively affect your organizational wellness. Armed with the knowledge afforded by empirical data, you will be better positioned to make informed decisions regarding where your organization's wellness dollars will have the greatest impact.

Who doesn't want better grades?

LOGO



mybiocheck™
By TRALE

LOGO

REPORT CARD

PARTICIPANT NAME/ID	DATE	CUMULATIVE GRADE
Overall Grades	NORMAL BORDERLINE HIGH RISK	B- 2.97 GPA on a 4.0 Scale
	BLOOD PRESSURE B- (3.21)	
	CHOLESTEROL C- (1.83)	
	DIABETES A- (3.96)	
	WEIGHT MANAGEMENT B- (2.97)	

INDIVIDUAL TEST RESULTS

Here is where you could put a couple of sentences about the test score ranges and how the tests are weighted differently based on the importance of the test.

TEST	NORMAL	BORDERLINE	HIGH
SYSTOLIC	<120 mmHg	120-139 mmHg	140 mmHg +
DIASTOLIC	<80 mmHg	80-89 mmHg	90 mmHg +
TOTAL	<200 mg/dL	200-239 mg/dL	240 mg/dL +
LDL	<129 mg/dL	130-159 mg/dL	160 mg/dL +
HDL	60 mg/dL +	40-59 mg/dL	240 mg/dL +
TRIGLYCERIDES	<150 mg/dL	150-199 mg/dL	200 mg/dL +
FASTING	<100 mg/dL	100-125 mg/dL	125 mg/dL +
NON-FASTING	<140 mg/dL	140-199 mg/dL	200 mg/dL +
BMI	18.5 - 24.9	25.0-29.9	30.0 +
WOMEN WAIST CIRCUMFERENCE			>35 in.
MEN WAIST CIRCUMFERENCE			>40 in.

Understanding Your Blood Pressure Risk

It is important to get your blood pressure checked regularly because high blood pressure often has no warning signs or symptoms. High blood pressure increases your risk for heart disease and stroke. People of all ages can take steps to keep blood pressure levels normal.

Take Action

- Eat a healthy diet
- Maintain a healthy weight
- Be physically active
- Do not smoke
- Limit alcohol use
- Treat elevated blood pressure

Results	NORMAL BORDERLINE HIGH RISK	Grade B- 2.97 GPA
	SYSTOLIC 125 mmHg	
	DIASTOLIC 95 mmHg	
	DO YOU SMOKE? Yes	

Understanding Your Cholesterol Levels

High cholesterol levels can put you at risk for heart disease. High cholesterol has no symptoms, so it is important to get your blood cholesterol levels checked regularly. Take steps to keep your cholesterol levels in check.

Take Action

- Eat a healthy diet
- Avoid saturated fat
- Get plenty of fiber
- Maintain a healthy weight
- Exercise regularly
- Don't smoke
- Treat high cholesterol

Results	NORMAL BORDERLINE HIGH RISK	Grade B- 2.97 GPA
	TOTAL CHOLESTEROL 200 mg/dL	
	LDL 168 mg/dL	
	HDL 62 mg/dL	
	TRIGLYCERIDES 35 mg/dL	
DO YOU SMOKE? Yes		

Understanding Your Diabetes Risk

Diabetes is a disease in which the body's blood glucose (blood sugar) level is too high. Diabetes can cause numerous health problems including heart disease, kidney failure, and blindness. Key risk factors for developing type 2 diabetes includes increasing age, obesity, and physical inactivity. In addition to blood glucose levels, a measure of ketones can also be helpful in diabetes diagnosis.

Take Action

- Get more physical activity
- Lose extra weight
- Get plenty of fiber in your diet

Results	NORMAL BORDERLINE HIGH RISK	Grade B- 2.97 GPA
	NON-FASTING 163 mg/dL	

Understanding Your Weight Management

Maintaining a healthy body weight is important. Being overweight or obese increases the risk of developing heart disease, diabetes, high blood pressure, and many other diseases and conditions. Body mass index (BMI) is a common standard used to determine health risks based on height and weight. Another way to identify health risks associated with overweight and obesity is measuring waist circumference.

Take Action

- More physical activity
- Get regular physical exercise
- Eat a well balanced diet
- If needed, lose weight slowly through lifestyle changes
- Seek professional help for a healthy weight management plan


Results	NORMAL BORDERLINE HIGH RISK	Grade B- 2.97 GPA
	BODY MASS INDEX 26.8	
	WAIST CIRCUMFERENCE 36 in.	



my
biocheck
™
 By TRALE

Does your company **make** the grade?

LOGO



mybiocheck
BY TEXAS

LOGO

AGGREGATE REPORT

GROUP NAME		DATE	CUMULATIVE GRADE
Overall Grades	NORMAL	BORDERLINE	HIGH RISK
	BLOOD PRESSURE	B- (3.21)	B- 2.97 GPA on a 4.0 Scale
	SMOKING	C- (1.83)	
	DIABETES	C- (1.83)	
	WEIGHT MANAGEMENT	C- (1.83)	
CHOLESTEROL	B- (2.97)		

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Suspendisse quis purus vitae nulla vestibulum luctus. Vivamus vestibulum nulla vitae et aliquam vestibulum. Aenean non risus tristique velit commodo mattis sed sit amet eros. Aliquam velit mauris, imperdiet ac venenatis ac, condimentum at ipsum. Nam venenatis mauris eget metus rhoncus elementum. Fusce mauris mauris, viverra non volutpat sit amet, vehicula sed nisi. Nunc iaculis arco urno, et semper massa. Curabitur dolor massa, viverra sed posuere tristique. Liberos vel libero. Cras sit amet urno nec eros faucibus eget. Suspendisse eget viverra sapien. From mollis, orci id accumsan venenatis, urno tator portt ipsum, sed ornare nulla leo id nisi. Sed at tellus nibh, in adipiscing magna. Mauris adipiscing nibh id neque consectetur vitae feugiat mauris accumsan. Phasellus fringilla pretium lorem, vitae porta odio aliquam ac. Vestibulum erat elit, lacinia vel dapibus sed, trincidunt sit amet felis. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Sed pharetra sem volutpat nibh scelerisque vitae scelerisque neque luctus. Cras adipiscing velit eget lectus fermentum dictum. Vestibulum metus libero, faucibus eu feugiat id, consequat non augue.

DATE	GRADE
DATE	C 2.2 GPA
DATE	D+ 1.9 GPA

Understanding Overall Blood Pressure Risk

One in three Americans have high blood pressure (hypertension) which increases the risk for heart disease, stroke, kidney disease, and blindness. Employees with heart disease and stroke risk factors such as high blood pressure cost employers in terms of medical care, absenteeism, and lost productivity. Hypertension is considered to be one of the ten most expensive health conditions for U.S. employees.

Did You Know? A 2003 actuarial evaluation of a large company in the United States estimated savings of \$547 for each person with a prior heart or stroke condition whose blood pressure was being controlled.

Grade: B- 2.97 GPA

Understanding Overall Smoking Risk

Smoking cigarettes can harm nearly every organ in the body. It is the direct cause of many diseases, and smoking leads to a reduction in overall health. (1) A national study based on American Productivity Audit data of the U.S. workforce found that tobacco use was one of the greatest causes of lost worker production time—greater than alcohol consumption, family emergencies, age, or education.

Did You Know? Businesses pay an average of \$2,189 in workers' compensation costs for smokers, compared with \$176 for nonsmokers.

Grade: B- 2.97 GPA

Understanding Overall Diabetes Risk

According to the Centers for Disease Control and Prevention, type 2 diabetes accounts for over 90% of all diagnosed cases of diabetes, and is associated with older age, obesity, family history of diabetes, physical inactivity, and race/ethnicity. Screening programs for early detection and treatment are important for employee populations. Screening allows the disease to be diagnosed and treated before it causes complications such as heart disease, stroke, blindness, kidney disease, neurologic disease, and leg ulcers and amputations.

Did You Know? According to a study by the American Diabetes Association, indirect costs in the United States for people diagnosed with diabetes include increased absenteeism (\$2.6 billion) and reduced productivity while at work (\$20.0 billion).

Grade: B- 2.97 GPA

Understanding Overall Weight Management

The Centers for Disease Control and Prevention offers an Obesity Cost Calculator for employers that know the average hourly wages, percent of employees receiving health benefits, and the body mass index of employees. The calculator can be used to determine a company's cost due to obesity and the return on investment for prevention and management. Visit <http://apps.nccd.cdc.gov/obacco/companyprofile.aspx>.

Did You Know? It is estimated that employers spend \$13 billion annually on the total cost of obesity. Nearly 10% of all health care costs in the United States are related to obesity and being overweight.

Grade: B- 2.97 GPA

Understanding Overall Cholesterol Risk

High cholesterol is a leading risk factor for heart disease, the number one cause of death in the United States. In addition to cholesterol lowering medications, lifestyle changes related to obesity or being overweight, nutrition, and physical activity can reduce blood cholesterol levels. Stopping smoking and managing blood pressure can further reduce the risk of heart disease.

Did You Know? Individuals with high cholesterol may be absent more often than individuals with normal cholesterol or those who have their cholesterol under control with medication.

Grade: B- 2.97 GPA

Summary

Register to win an iPad2 preloaded with MyBioCheck™, details on back.

www.MyBioCheck.com

STEP TO THE HEAD OF THE CLASS.

When you are ready to graduate to wellness assessments that work for you, visit www.trale.com/ipad2 for more information, and register to win an iPad2 preloaded with *mybiocheck*[™]

Please visit our website at www.TRALE.com or email salesdept@TRALE.com to request your demo today.



MOTIVATION®

The Technology Behind Health & Productivity Management



BSDI's award-winning Motivation® is a flexible, secure platform for building your health promotion program. Our mission is to help you deliver world-class health and productivity programs that result in provable cost reduction.



BSDI®

Building software to manage the Journey of Life since 1991

A Comprehensive Health and Productivity Needs Comprehensive Technology Support

Motivation® answers the call.

- Enrollment is easy, online, and extremely customizable.
- BSDI's HRA is among the most sophisticated in the field. It includes:
 - ACSM-compliant medical screening / readiness for exercise
 - The Health-Related Productivity Loss Instrument (HPLI) to measure indirect ("presenteeism") costs
 - BSDI's "Lifestyle Best Practices Index"
 - BSDI's enhanced 'readiness for change' assessment
 - An easy-to-understand risk stratification.
- Targeted interventions: automatically direct participants to appropriate content - including *your* content - based on age, gender, medical condition(s), interests and readiness for change.
- Online participant logs:
 - Exercise sessions
 - Pedometer results
 - Weight and BMI
 - Blood pressure and blood chemistry results
 - Easily create customized tracking programs for diabetes, asthma, stress or any other target condition.
- A sophisticated incentive program is built right in! Points are earned via (all are optional):
 - An exercise log
 - A pedometer log
 - Custom activities (e.g. health program participation)
 - HRA / Questionnaire completion
 - Facility Check-Ins
 - Your custom health promotion programs
 - Participants can even claim prizes right online!
- **New Team Weight Loss Challenge!** Handle hundreds or even thousands of participants with our automated management tools.
- Sophisticated online coaching tools including support for the Wellcoaches® model.



Advanced Services

Motivation continues BSDI's tradition of best-in-class tools for **fitness assessment**. A wide range of fitness tests covering adults, children and seniors is included. Your staff can easily create customized exercise programs.

Flexible bulk email services make it easy to reach your participants.

Management Program

t



Check-In

A flexible attendance management program with features to help you measure participation in on-site fitness or health promotion programs. Produce reports that perfectly capture your attendance patterns.

Reliability & Power

Motivation has been built from the ground up to handle large populations and high transaction volumes. Our system can scale from a few hundred participants to hundreds of thousands.

Security

Motivation periodically undergoes a rigorous security audit from one of the world's leading security consulting companies. Site is fully HIPAA compliant and features multiple levels of information security and encryption. Each program has its own site and encrypted database.

Implementing a next-generation Health and Productivity Management program? *Choose a next-generation solution!*

BSDI's commitment to quality and support for our community of users is reflected in the fact that we have won Fitness Management Magazine's *Nova7 Award* for "Best Computerized Technology Supplier" four years in a row: every year in which it has been awarded.



2004
2005
2006
2007

Let us guide you to the future of health promotion!



Learn more at <http://www.bsdiweb.com> or Call (888) 273-4348



METHODIST WELLNESS SERVICES



Preventive Health Programs & Services

- Premier Executive Health Assessments
- International Premier Health Assessments
- Pre- and Post-Employment Physicals
- Periodic Physicals
- Healthy Lifestyle Physicals
- Travel Health

For more information, call 713-441-5980
or go to methodistcorporatewellness.com

Methodist[®] The Methodist
Hospital[™]

Wellness Services

Corporate On-site Programs & Services

- Health Risk Appraisals
- Health Fairs
- Wellness Coaching
- Health Screenings
- Diabetes Management
- Behavioral Change Programs
- Massage Therapy
- Nutrition Consultations
- Vaccinations
- Strategic Consulting
- Wellness Coordinator

LEADING MEDICINE[®]

METHODIST WELLNESS SERVICES



Have you considered an
On-Site Wellness Coordinator?



A Wellness Coordinator has a minimum of three years of experience in worksite wellness programming and a bachelor's degree in health promotion or related field.

A full- or part-time Wellness Coordinator will assist your company with developing, implementing, and evaluating worksite wellness programs targeted to *maximizing* the health and productivity of your employees.

For more information, call 713-441-5525
or go to **methodistcorporatewellness.com**

Methodist® The Methodist
Hospital™

Wellness Services

LEADING MEDICINE®

How Methodist Wellness Services *On-Site Wellness Coordinators* can maximize your employee's health and productivity:

Measure

EVALUATE employees' current health status to plan targeted interventions addressing risk factors associated with sedentary lifestyles, obesity, poor nutrition and stress.



- Personal Wellness Profile (HRA)
- Fitness Assessments
- Blood Work
- Health Screenings
- Metabolic Assessments
- Diabetes Risk Assessments

Modify

CHANGE unhealthy lifestyle behaviors of participants with an array of fun, interactive programs.



- Well Managed Diabetes Management Program
- Wellness Coaching
- Stress Management Programs/Consultations
- Hypertension Management
- Cholesterol Management
- Metabolic Syndrome Management
- Tobacco Cessation
- Weight Management Program
- Exercise Programs/Consultations
- Nutrition Consultations

Maintain

SUPPORT those employees who are currently practicing positive lifestyle behaviors with innovative presentations and programs to increase their knowledge and sustain their motivation.



- 12 WEEK PROGRAM SERIES
 - Stress Management*—Taming Tension
 - Exercise*—Fitness Express
 - Nutrition*—Wellness @ Work
- Healthy Knowledge Seminars
- Wellness Affairs Booths
- Relaxathons
- Fun with Food Workshops
- Health Fairs

METHODIST WELLNESS SERVICES

Need a dynamic and effective *Wellness Program* for your worksite but don't have the time or resources to develop everything internally?



Methodist Wellness Services has developed, refined and implemented wellness programs that have proven effective over time in producing biometric changes, risk reductions and positive behavioral changes. Our comprehensive programs will help you accomplish your goal of improving employee health, productivity and quality of life while reducing health risks. And the best part is, you don't have to start from scratch.

HERE'S A SAMPLING OF WHAT METHODIST WELLNESS SERVICES OFFERS:

- **Stress Management***
Taming Tension (12-week group series) topics include breathing, visualization, gratitude, improved sleep, mindfulness, affirmations, journaling, optimism, rest and relaxation, humor and happiness.
- **Well-Managed Programs***
These programs target *Diabetes, Hypertension, Cholesterol and Metabolic Syndrome*. Participants receive individual consultation and support while developing healthier lifestyles to reduce risk factors.
- **Tobacco Cessation***
Quit and Get Fit: group or individual sessions provide guidance for building a healthy lifestyle with exercise, good nutrition and effective stress management.
- **Nutrition and Weight Management***
Wellness @ Work (12-week series for groups) where participants learn by doing through hands-on experience with real food.
- **Exercise***
Fitness Express (12-week group series) where participants learn the basics—strength, flexibility and cardio—and where, when and how to create an exercise program for themselves that meets all the ACSM criteria.
- **Healthy Knowledge Seminars**
These one hour Powerpoint presentations work well in a “lunch-and-learn” format or as part of a health fair or other wellness event. Topics include nutrition, fitness, stress management, wellness, tobacco cessation, improved sleep, longevity and stress management.

* Included in the facilitator's manual: class syllabus, notes, supply list, handouts and activities.

For more information, call 713-702-4711 or go to methodistcorporatewellness.com

Methodist® The Methodist
Hospital™

Wellness Services

LEADING MEDICINE®



YOUR ONSITE AND OFFSITE FITNESS PARTNER

DELIVERING A TOTAL FITNESS SOLUTION





A FITNESS INDUSTRY LEADER

Corporations everywhere are embracing the notion that a healthier workforce equates to a healthier business. As the largest privately owned fitness chain in the U.S., 24 Hour Fitness understands the value of an effective corporate wellness program—and we know what it takes to create one.



24 HOUR FITNESS IS THERE
EVERY STEP OF THE WAY



ONSITE FITNESS MANAGEMENT

When it comes to a fitness regimen, often location is everything. So now your employees can be just steps away from a healthier lifestyle with the convenience of an onsite center, making it easy to incorporate fitness into their daily routine. With more than 25 years of experience effectively and efficiently building and managing clubs, 24 Hour Fitness can offer the expertise needed to make your corporate fitness center a success.

NATIONWIDE ACCESS TO CLUBS

Easy, affordable access to our more than 420 fitness clubs lets your employees keep up their workouts near home and when business takes them on the road. Along with state-of-the-art equipment, facilities and many convenient locations, your employees and their family members can enjoy the many benefits 24 Hour Fitness provides, the fitness club of choice for our nearly four million members.



Build a healthier workforce and a healthier business
with an onsite and offsite fitness solution.

FOR MORE INFORMATION

VISIT 24hourfitness.com

CALL 925.543.3024

EMAIL corpwell@24hourfit.com





THE BENEFITS OF POLAR IN THE WORKPLACE

Today's employers understand the importance of having a healthier workforce. Rising healthcare costs, employee absenteeism and low productivity all impact a company's bottom line. Consider these stats:

- Healthcare costs in the US doubled from 1990 to 2001 and are expected to double again by 2014¹
- Nearly 60% of employers' after-tax profits are spent on corporate health benefits²
- Just 3 chronic conditions; asthma, diabetes and hypertension are associated with 164 million lost work days/year in the US, costing employers \$30 billion³
- Employers who invest in worksite wellness programs can see a return of \$3 to \$6 for every dollar invested over a 2 to 5 year period⁴

Traditional wellness programs rely on highly subjective employee self-reported exercise and activity data to track results. Today, Polar, the leader in heart rate monitoring and fitness assessment, makes it easy for companies to collect and track validated employee data. Using Polar heart rate based data and our web-based user interface allows:

- Employees to track individual progress
- Employers to review group results across any number of quantitative metrics
- Programs to more accurately correlate the improving health of their employee population to direct reductions in health care claims

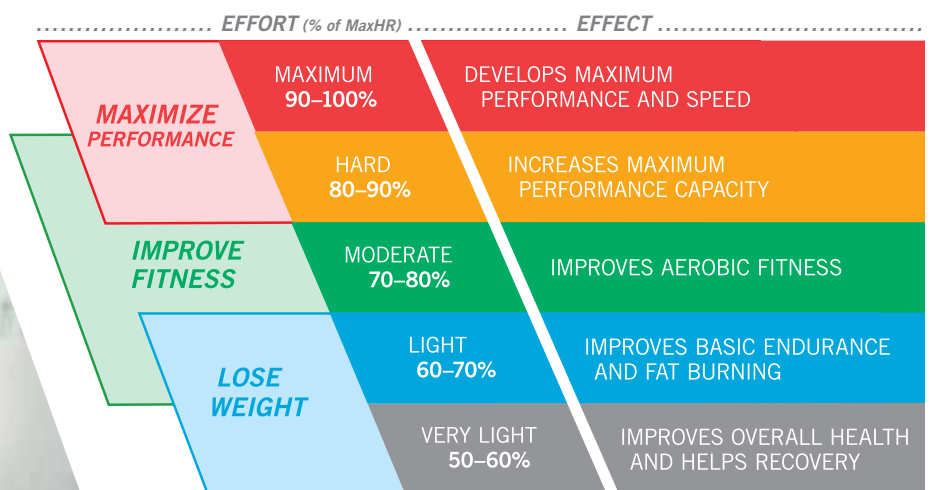
POLAR[®]
LISTEN TO YOUR BODY



WHY POLAR?

As inventors of the first heart rate monitor for training over 30 years ago, we're truly specialists in the field. Since 1977, we've been leading this category, and the world's top specialists have been working on the most accurate training computers and heart rate based features. Our unrivalled expertise, based on in-depth scientific studies, allows us to lead the way in innovative product development.

Polar products take the guesswork out of training by giving guidance based on heart rate and its variation. With Polar, you can follow predetermined training plans, measure performance, and analyze every detail of training. Whatever the activity, Polar training computers can adapt to any need. Listening to your body has never been easier – whether you're a beginner, a weekend warrior or a professional athlete.



Calculate Your Maximum Heart Rate

$220 - \text{Your Age} = \text{Maximum heart rate}$. For example, a 30 year old's maximum heart rate = $220 - 30 = 190$
 Level 3 moderate range = $190 \times 70-80\% = 133-152 \text{ bpm}$

POLAR[®]
 LISTEN TO YOUR BODY

TECHNOLOGY TO HELP GET A HEALTHY WORKFORCE

FT7

For those who want to know if they're improving fitness or burning fat

- Shows if your training is more effective for fitness improvement or fat burning
- Displays calories burned
- Keeps track of your weekly training

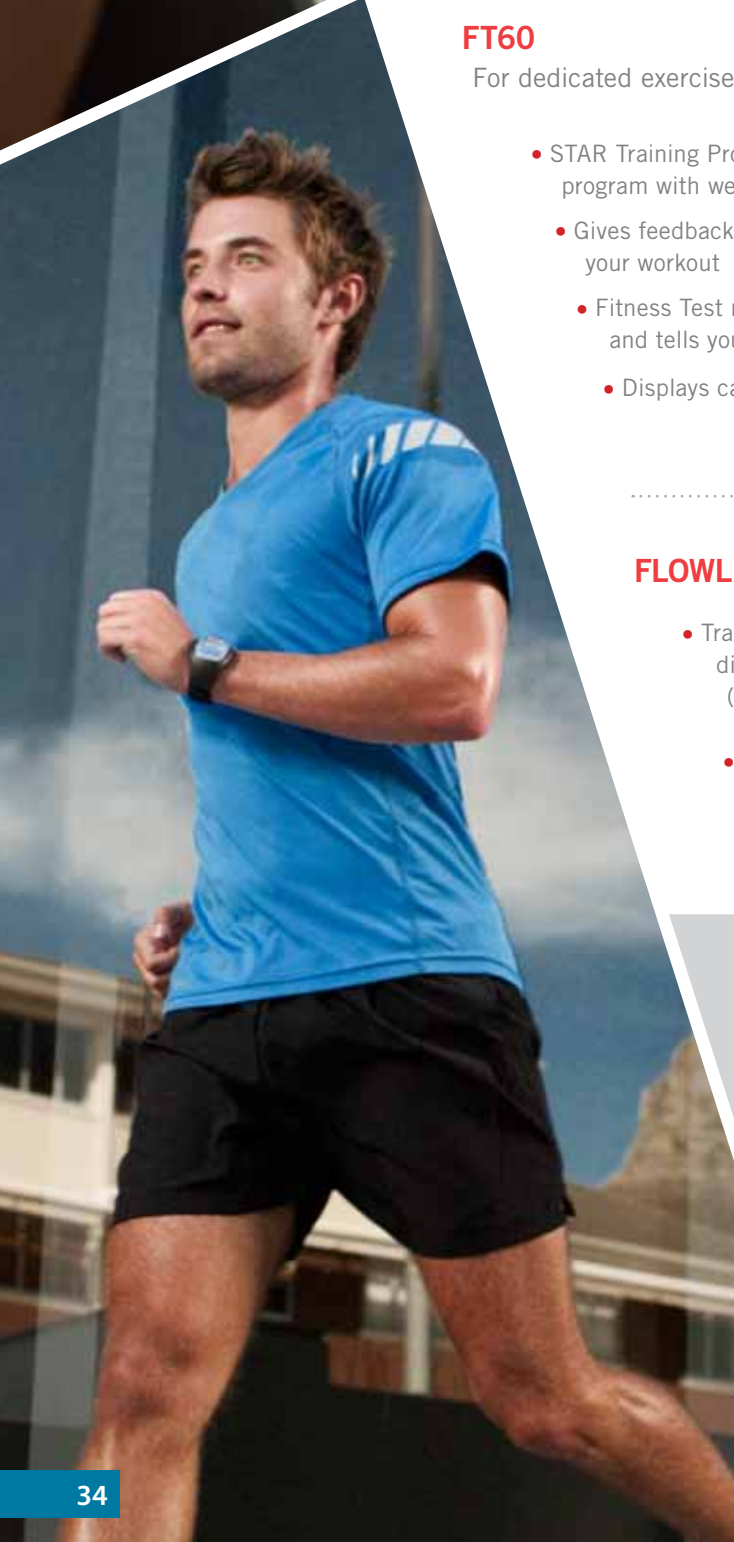


FA20

For people who want to improve their health and fitness by measuring the impact of their daily activities

- 24/7 activity measurement
- Shows graphically all your effective active motion
- Displays calories burned, distance covered, active steps, and the duration of your activity





FT60

For dedicated exercisers who want to know how much and how intensively to train

- STAR Training Program customizes an aerobic training program with weekly targets based on your personal goals
- Gives feedback on the effect of your training after your workout
- Fitness Test measures your aerobic fitness at rest and tells you your progress
- Displays calories burned with fat percentage



FLOWLINK®

- Transfer your training files to your online training diary at polarpersonaltrainer.com (PC and MAC compatible)
- FT7, FA20 and FT60 are all FlowLink compatible.



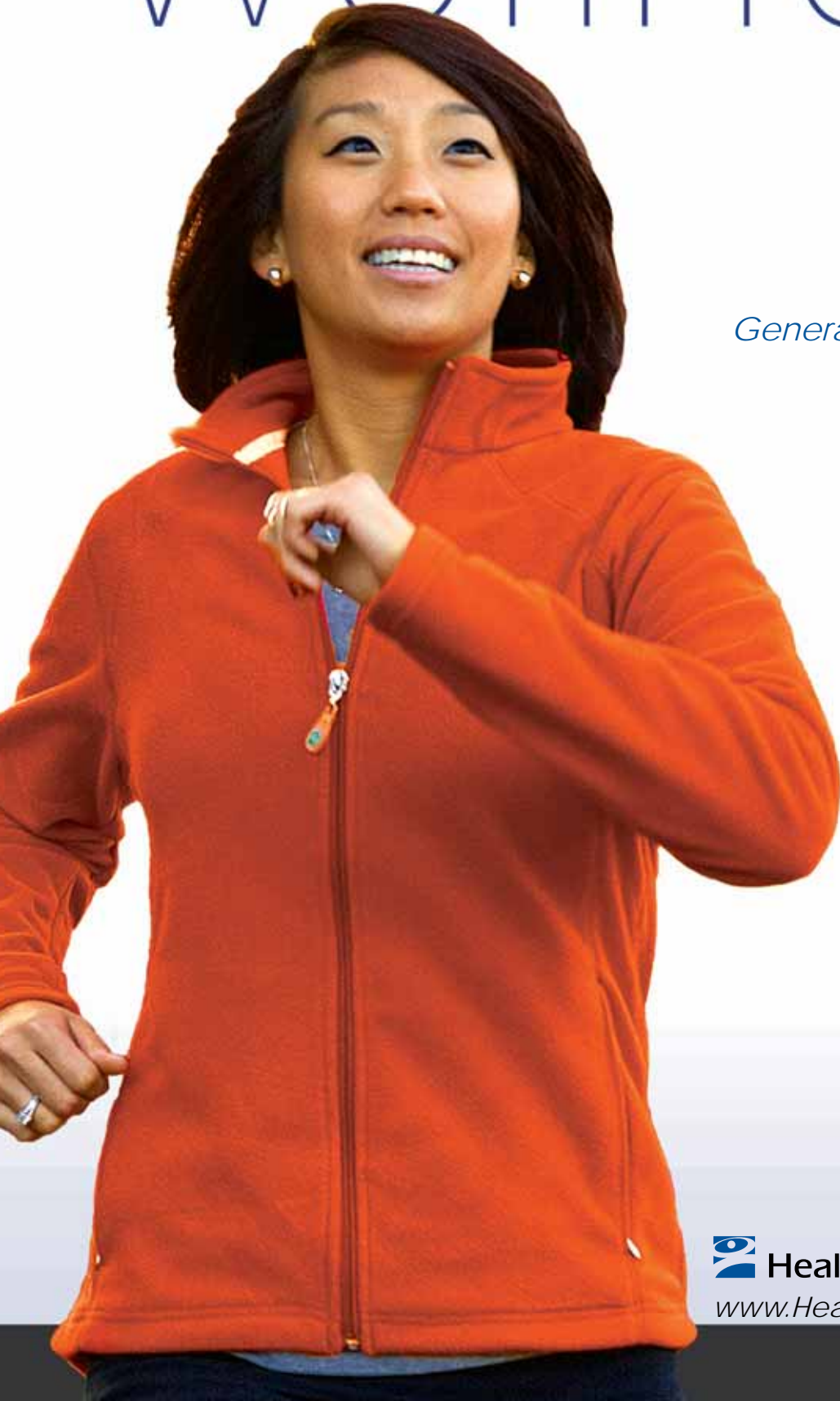
Improve yesterday's wellness programs with today's technology.
Learn more about the Polar solution.

Contact Michele Henschel
Michele.Henschel@polar.fi // 516.364.0400 x3018

(1) Health Care Financing Administration. Office of the Actuary. National health expenditures projections: 2002-2012. Washington, DC. HCFA: 2003
 (2) Villare M., Mayer G., Low health literacy: the impact on chronic illness management. Professional Case Management. July/August 2007, 12(4):213-216A
 (3) WHO Internal Documentation: World Health Report 2002: Reducing Risks, Promoting Healthy Life. WHO, Geneva, Oct. 2002 <http://www.who.int/whr/2002/en/>
 (4) Chapman, L., Proof Positive: Analysis of the Cost Effectiveness of Wellness, 3rd Edition. Seattle: Summex Corporation, 1996

wellness

Resources



*Time-Saving, Participant-
Generating Wellness Campaigns
and Health Improvement
Tools That Work*



Health Enhancement Systems
www.HealthEnhancementSystems.com

Wellness Campaigns:

Turnkey Solutions for a Healthy Culture

Wellness campaigns are integral to achieving a healthy culture — the holy grail of health management. They appeal to the sense of personal *and* shared responsibility for health. They get people to take action. And when done well, campaigns transcend your wellness program... conveying an organization that cares for its employees as much as its bottom line.

These campaigns are what [Health Enhancement Systems](#) is known for; we've created dozens and provided services to thousands of organizations (and millions of participants) since 1994. We're the clear leader in this segment of the wellness market. Our fun, engaging programs inspire large segments of the population to actually *do* something to improve health, not just learn about it.

Each of our campaigns comes with everything you need to plan, promote, implement, and evaluate its success — whether you have 10 participants or 10,000.



www.5on5.com



www.10kaday.com



www.greatamericanfitnessadventure.com



www.colorfulchoices.com



www.healthtrails.com



www.ifeellikeamillion.com



www.nutrisum.com



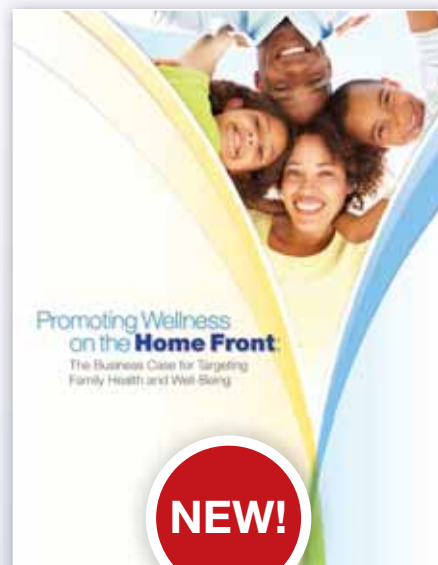
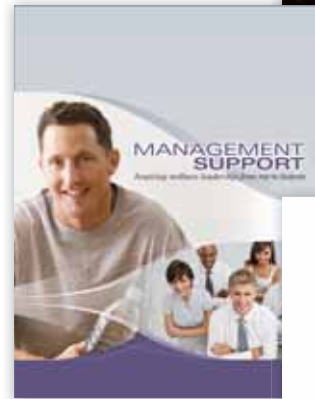
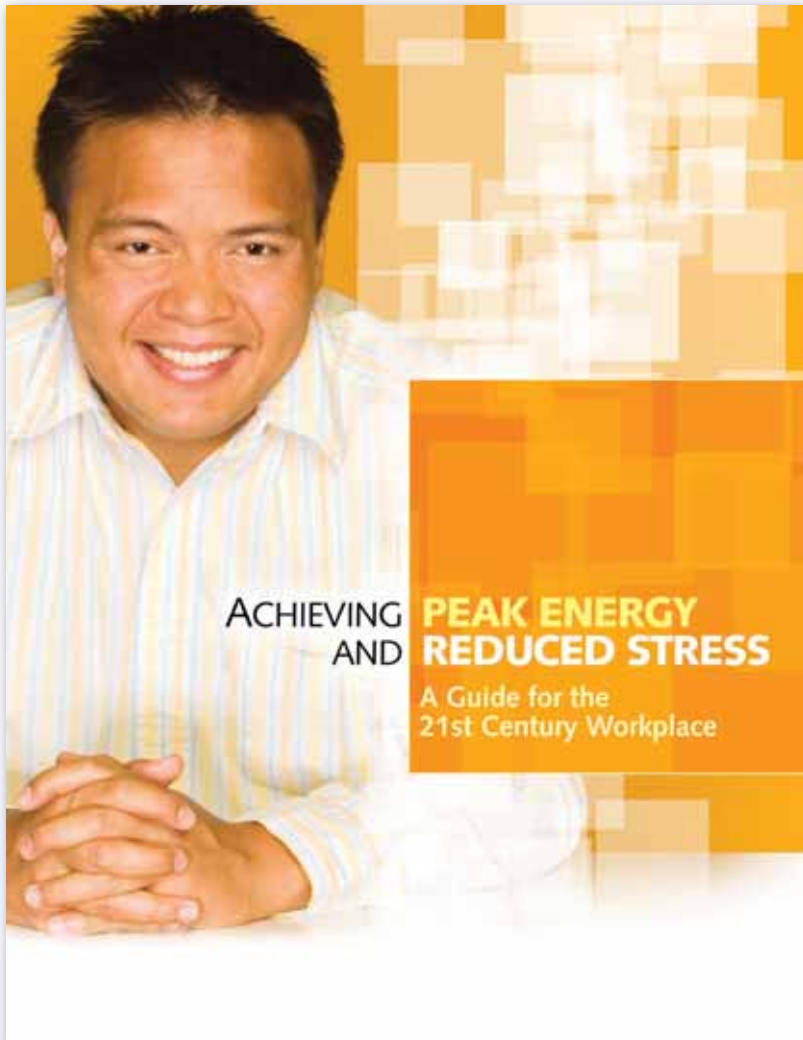
www.getfitonroute66.com



www.walktober.com

FREE White Papers

<http://whitepapers.HealthEnhancementSystems.com>



WE MAKE HEALTHY ACHIEVABLE.

While good health requires individual action, it is a collective responsibility. We know that when people are part of a health-minded community, positive lifestyle choices are easier to make. This is the passion of Provant Health Solutions: To build Cultures of Health, one company at a time by working individually with employees to achieve better health.

PROVANT
HEALTH SOLUTIONS, LLC

Let's talk. [1.877.346.6696](tel:18773466696)

Let's connect. connect@provanthealth.com

Let's start planning. provanthealth.com/request_proposal



SO, LET THE GOOD HEALTH BEGIN...


Provant Health Solutions works closely with your team to tailor a program based on your company's business goals, demographics and health needs. Our full-service, integrated and comprehensive wellness program offers your organization the full support needed to motivate your employees to adopt healthier behaviors, with risk migration as an important outcome. Here are some of the programs and services we offer:

Assessment & Awareness. We help employees understand their current health status by collecting data about their physical wellbeing and behaviors using such tools as biometric screenings and health assessments. All data is collected and managed in the aggregate capacity and used to create targeted interventions.

Engagement & Support. Onsite, Oncall and Online interactions through our health coaching, web portal tools, seminars, condition and lifestyle management programs and benefit advisory services offer support, guidance and help keep employees motivated and engaged.

Education & Understanding. We believe ongoing communications and education are important to changing behavior so we provide a customized set of promotional and educational tools for outreach to employees. They include program letters, flyers and newsletters, educational brochures on a variety of topics based on your company's needs, employee satisfaction surveys, and an event tracking system for registration and feedback.





Incentives & Outcomes. Our Incentives Forecasting Tool sets a benchmark for participation and cost savings from the start. We manage your incentive programs including program compliance, incentive tracking, reward reporting and communications. We measure the data and interventions with robust outcomes reporting, including future program recommendations and economic forecasting.

Consulting Services. We are your strategic partner in creating, managing and measuring your worksite wellness program. We provide wellness strategic planning, wellness data and medical claims analysis, pandemic planning, and food services consulting and policy development.

Seasonal Flu Clinics. Our competent, national network of per diem employees allows us to execute efficient, effective clinics for as few as 50 and more than 250,000.

WE MEASURE SUCCESS BY OUTCOMES.

Our comprehensive engagement programs not only measures participation in activities but more importantly health outcomes. We track personal connections, individual health behavior changes and company-wide risk migration. And, we share health data to optimize results. Employers will understand how reduction in health risks and the improved wellness quotient of your workforce delivers indirect and direct savings to your bottom line. Employees will understand the benefits of adopting a healthier lifestyle. Everyone wins.

Let's talk. 1.877.346.6696

Let's connect. connect@provanthealth.com

Let's start planning. provanthealth.com/request_proposal

WE'RE PASSIONATE ABOUT
GOOD HEALTH.



Wellness is Provant Health Solutions' core competency; we are in the business of helping individuals and companies improve health and healthcare affordability. When employers invest in employees, results are both immediate and long term. We have the results to prove it.

- Our services and programs are scalable to companies of all sizes. Over the past 10 years we've been trusted to work with over 600 companies and health plans.
- Our comprehensive service offerings are designed to maximize participation, engagement and results. Our suite of integrated assessment, intervention and incentive services (available a la carte or as a packaged program) is the key to your employees optimizing their fitness, nutrition, health and wellness while transforming their lives – at home, at play and at work.
- Your Provant Health account team integrates with your internal department to implement your health and wellness initiatives. We deliver customized communications to elevate awareness; our medical director oversight ensures clinical accuracy; and ongoing refinement of the program optimizes success. When you work with Provant, you can depend on a professional, reliable and knowledgeable team working with your employees. We understand the performance of our business directly impacts the performance of your business.
- Our worksite wellness program tracking and reporting is fully compliant with HIPAA, ERISA, GINA and HITECH* regulations and the new healthcare reform requirements. You can trust that your company's program will be administered with integrity for worry free management.

*Health Information Portability and Accountability Act (HIPAA), Employee Retirement Income Security Act (ERISA), Genetic Information Nondiscrimination Act (GINA), Health Information for Economic and Clinical Health Act (HITECH)

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Enhancing *HEALTH*, Enriching *LIVES*, Containing *COSTS*



Lowering
YOUR
health
care
COSTS

Over 150 products and services proven to enhance health and reduce costs.

- Online Wellness Challenges
- Personal Health Assessments
- Coaching
- Health Screenings
- Self-Care Books
- Calendars
- Newsletters
- Lifestyle Change Programs
- Health Fairs
- Wellness Education Materials
- Daily Wellness Reminders
- Disease Management
- Nurse Advice Line
- Posters
- QuickTakes™



Proven Savings of \$76.02/employee in 8.3 months.

- Based on 25 Independent Studies

Contact us for more information and free product samples.



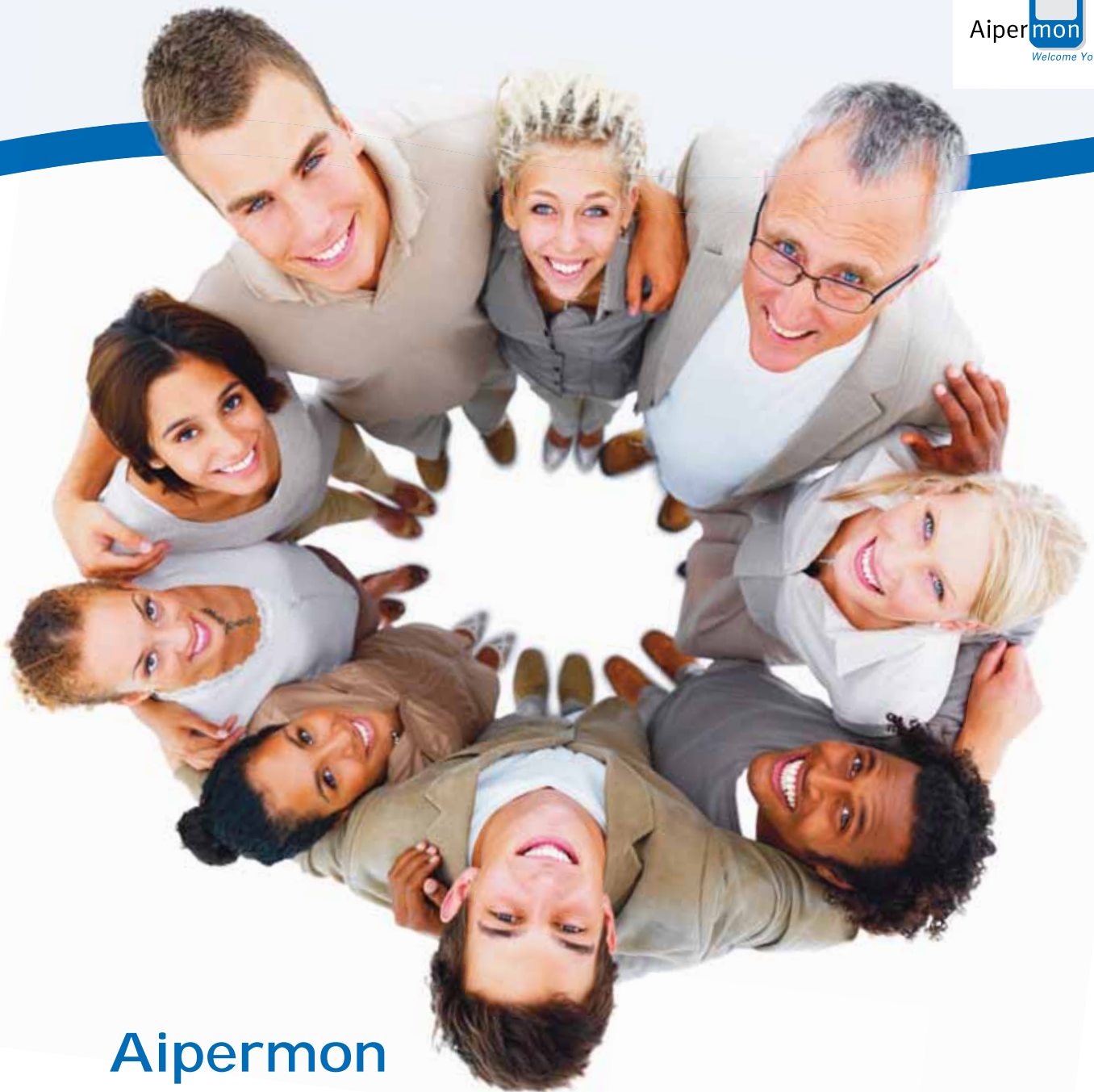
mail: 30445 Northwestern Hwy., Ste. 350
Farmington Hills, MI 48334

phone: 800.345.2476 * 248.539.1800 * fax: 248.539.1808

email: aipm@healthylife.com

website: www.HealthyLife.com

Since 1983, North America's Award Winning Developer of Wellness Products & Services.



Aipermon
*develops leading-edge technology
solutions for:*

- » *Diabetes*
- » *Pre-diabetes*
- » *Metabolic Syndrome*
- » *Lifestyle Change*
- » *Activity Monitoring*
- » *Rehabilitation & Prevention*

AiperMotion™

Tipping the scale for successful weight loss coaching!

The Science of Success

At Aipermon, we believe that individualized coaching is key to successful long-term weight loss. That's why we have developed a unique program to provide coaches the data they need to get, and keep, your employees healthy. By linking a wearable activity sensor/nutritional tracking device, called AiperMotion, and coaching software via the Internet, we create an individualized feedback loop.

AiperMotion is a small, wearable device with the latest technology built in. It's the first device to use an 'energy balance' calculation to give immediate feedback to the user, providing a direct indication of weight loss. This concrete information is provided to the coach/educator to monitor goals and create real sustainable behavior change.

The **AiperMotion™** collects activity and nutritional data 24/7



Transfer of data to the Coach seamlessly w/o user interaction

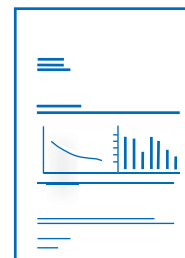


Remote-Coaching (Tele-Coaching)

- Quick response
- Intense mentoring & coaching
- Efficient, effective



Internet



Personalized Feedback

AiperMotion™

*Groundbreaking for
remote coaching programs*



The Energy-Balance-Coach

- ▷ *Unique three - dimensional acceleration sensor tracks all movement, not just steps*
- ▷ *Proprietary software automatically calculates the intensity of movement and converts it to calories burned*
- ▷ *Streamlined calorie entry for each meal*
- ▷ *Personalized basal metabolism*
- ▷ *Instant visual feedback reinforces motivation*
- ▷ *Ability to see up-to-the minute 'energy balance' creates positive behavior change*

Increase the health status of your employees

- *Long-term success as shown in medical studies*
- *Ability to work with accurate user information*
- *Everyday use provides the foundation for high user commitment*
- *Cost-effective for group coaching programs*
- *Leading-edge technology for maximum success*

The key to success for your employees

- *Easy to use, highly innovative device*
- *Personalized feedback*
- *Coaching with accurate data is more effective*
- *Supports long-lasting motivation*
- *Reinforces awareness and understanding of individual nutritional and activity behavior*
- *Continuous data tracking and visual display highlights progress*

Aipermon

*Pioneer in technology-based
weight loss programs.*

*Benefit from our expertise and get the most appropriate
solution tailored to your employees.*

Self- Coaching



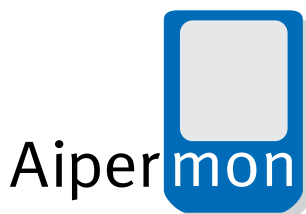
Local- Coaching



Remote- Coaching



*Contact us today to get your
individual coaching solution!*



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Wellness with a Twist!

**Only TAVi Health
could bring you a
sequel that is even
BETTER than the original.**

**Go ahead. Pull back the
curtain and take a peek...**

Introducing TAVi Powered by Rally!

Wellness Incentive Challenges Will NEVER Be the Same!

At TAVi Health we have a unique understanding of what makes a wellness incentive challenge successful. In just four years, we have built a rock star following by delivering tremendous value and using creative concepts to help drive meaningful behavior change.

Until now, we did it all on paper. In Fall 2011, our challenges will be powered by the Rally Platform... That's right. We are taking our challenges to the next level by enabling web-based participation.

Our online platform features:

- Personalized goal setting to help ALL participants find success.
- Individualized communication to maximize participant engagement.
- A back end that will make coordinators drool (we're only half joking) with intuitive tools to assess individual and group progress, generate C-suite reports, and gather objective feedback to evaluate the program impact.
- Options to easily and inexpensively allow spouses and dependents to participate (a HUGE engagement booster).
- Applications for health plans, brokers, and consultants!



POWERED BY
RALLY

Want to Schedule a DEMO?

Be among the first to see TAVi Powered by Rally!
Email us at demo@tavihealth.com today!

Paper is STILL Perfect!

Prefer our paper-based challenges?
Check out our catalog at tavihealth.com

Thumbs Up for Convenient, Affordable Purchase Options!

We make the purchase of any of our TAVi Health campaigns convenient and affordable. Our off-the-shelf product is just \$219, with a discount for non-profit and government organizations. We can also customize your challenge with your company logo for as little as \$200.

If you serve multiple organizations we offer a licensing structure that makes it affordable for you to deploy our incentive campaigns in numerous client sites.

You can order online at tavihealth.com or by calling us at 888.491.1625. Don't wait! Try TAVi Health's wellness incentive challenges today!

TAVi Health Incorporated
2730 Kellogg Avenue
Ames, IA 50010
P: 888.491.1625
F: 515.232.3005
twist@tavihealth.com
www.tavihealth.com



Sign up for our e-newsletter and learn more about our challenges at www.tavihealth.com!

The Formula for Success

Let's be honest. A wellness incentive challenge is little more than a collection of tactics, tools and tips to educate individuals about healthy living and inspire meaningful health behavior change. Whether web-based or paper-based, there is power in simplicity. At TAVi Health, we've built a following by making "SIMPLE" both fun AND effective. In doing so, we stand out from the crowd. Here's how:

Out-of-the-Box Concepts: Unconventional challenges offer participants a fresh and fun approach to healthy living.

Ease of Implementation AND Use: We take a standard approach to development that ensures a turn-key implementation for you. With both our upcoming web-based releases and our standard paper-based challenges, you know roll-out is a snap.

New Releases Regularly: We are constantly putting a new twist on wellness so your programming doesn't grow stale.

Experience: Each member of the TAVi Health team has at least a decade of health care and wellness experience - that translates to challenges built on a solid foundation with a real-world understanding of what tactics, tools and tips are most effective.

Consistency: We don't outsource development or design of our wellness incentive campaigns. Everything is homegrown and created by the same TAVi Health team so you know what to expect.

Support, Support, Support: From our resource materials like "The Twist" to our phone and email support, you are not alone in implementing TAVi Health challenges. Our relationship doesn't end with your purchase, it begins.

All Materials on Disk: There's no extra charge to get all of the kit materials on disk. From newsletter articles to the participant packet, it's all there.

Form-Fillable Technology: Our PDF resources are form-fillable, meaning your participants don't have to print anything to track their activity. This is a great option for pushing challenges via email or intranet.

Six Dimensions Plus: We offer more than just walking programs. Our catalog features offerings incorporating all six dimensions of wellness (plus a few extras).

We're Cool: At least we think so. We love our customers and do all we can to show that in each interaction!



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SIMPLY WELL®

INTEGRATED
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SimplyWell provides one of the most comprehensive and results-driven health and wellness management programs in the marketplace. Since 1998, we have been partnering with employers to prove that healthier employees lead to a healthier bottom line.

Our fully measurable, HIPAA-compliant solutions empower our participants with tools to highlight their

personal health opportunities. We stress the importance of preventative care and individual accountability.

We know that not all organizations are the same, so we work to customize a program that is best suited for each group. By assessing the overall health of an organization's population, **SimplyWell** can identify areas of cost savings and put programs in place that drive results.

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WELLNESS PORTAL SERVICES

A cornerstone of the **SimplyWell** medical model, **SimplyWell's** online Wellness Portal offers your employees a variety of health tools and resources to enhance their well-being.

ONSITE HEALTH SCREENING SERVICES

Professional Onsite Health Screening Services are available in your workplace for the convenience of your employees. Screenings are completed in a timely manner with accurate and confidential results. This service helps employees proactively detect and prevent chronic illnesses that could impact their lives as well as your medical claims.

SimplyWell's Physician Lab Upload Services allows participants the flexibility to go to their physician for a screening when they cannot attend a group screening.

TELEPHONIC HEALTH SERVICES

Through the **SimplyWell** program, health care information and support are just a phone call away.

SimplyWell's Telephonic Health Services include:

- An informative critical care consultation call from a registered Nurse to any individual who receives abnormal lab results at a **SimplyWell** onsite screening
- A nurse call line for timely answers to health questions and wellness concerns

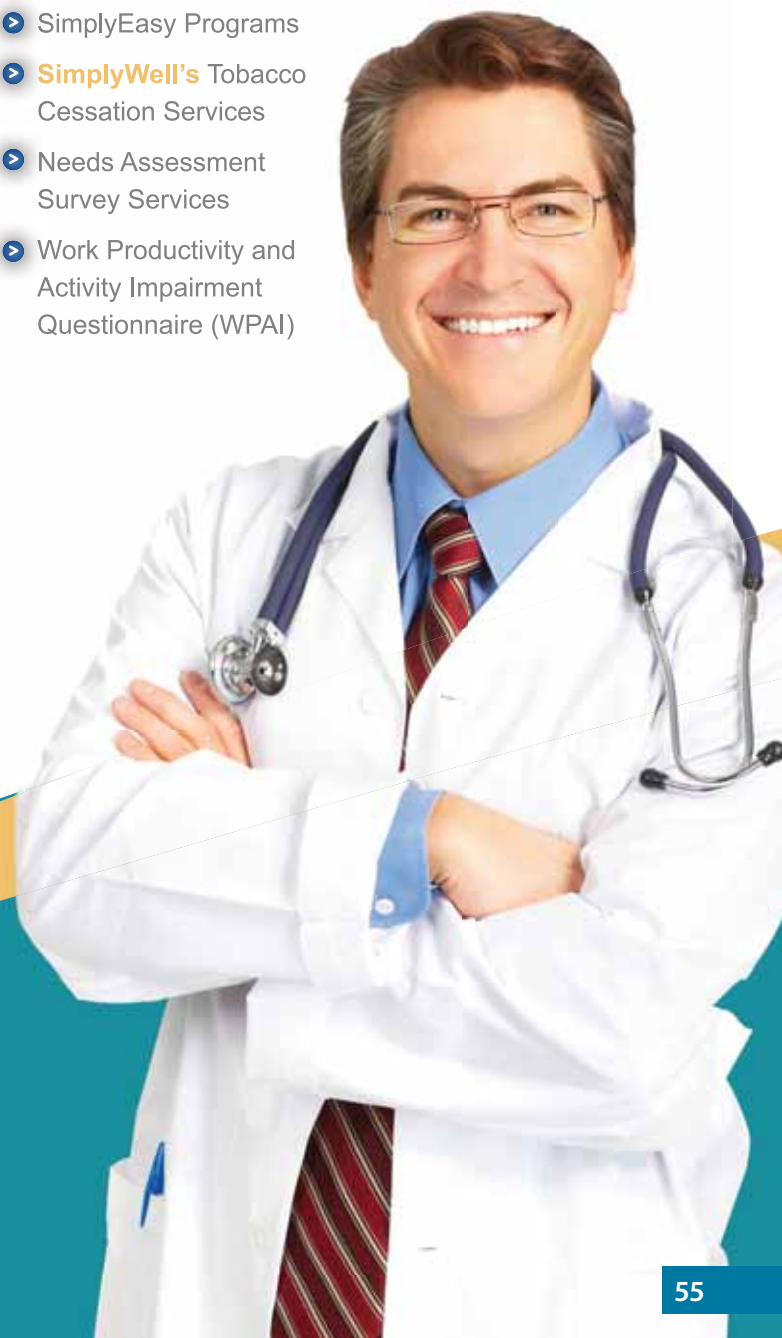
RISK REPORTING CAPABILITIES

The **SimplyWell** Health Management application offers comprehensive Reporting Capabilities. All reports are generated from real-time data and can be accessed online, 24-hours a day. Application generated reports are available to both the participant and the organization.

HEALTH MANAGEMENT SERVICES

SimplyWell's Health Management Services are designed to motivate participants to change significant lifestyle behaviors to improve their overall health.

- ▶ Take Action! Challenges
- ▶ SimplyEasy Programs
- ▶ **SimplyWell's** Tobacco Cessation Services
- ▶ Needs Assessment Survey Services
- ▶ Work Productivity and Activity Impairment Questionnaire (WPAI)



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Healthy Challenges

▶ **WALKING & ACTIVITY**

▶ **WEIGHT & NUTRITION**

▶ **STRESS & SLEEP**

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Healthy Challenges with Social Networking

- ▶ **HIGH PARTICIPATION** – peer driven recruiting
- ▶ **HIGH ENGAGEMENT** – competition + social support
- ▶ **PRIVATE LABEL** – your brand featured

▶▶ *Easy to administer online system*

HEALTHY CHALLENGES WITH SOCIAL NETWORKING



WALKING + PHYSICAL ACTIVITY

Team Walking & Activity Minutes Challenge

- ▶ Teams compete to get the most physical activity
- ▶ Emphasizes the USDA guidelines of 150 minutes per week
- ▶ Participants log steps or minutes of any activity.

Million Step Challenge

- ▶ Individuals compete to reach a destination or a number of steps
- ▶ Everyone can achieve the objective – not just one winner
- ▶ Other activities (swimming, bicycling, etc) count towards steps

WEIGHT MANAGEMENT

Maintain – Don't Gain Programs

- ▶ Gives participants a sense of control over their weight
- ▶ US adults gain 1lb+/year – “don't gain” is a real health goal
- ▶ Reaches participants who are tired of “weight loss” programs
- ▶ Skills learned on this program often lead to weight loss.

Team Weight Loss Programs

- ▶ Team format ensures social support
- ▶ Focus on healthy BMI through food and exercise choices.
- ▶ Compete on Weight Loss % across the team
- ▶ Individual weights can stay private
- ▶ Allows for validated weigh-ins as well as self-report

NUTRITION

More Matters – Fruits & Veggies Challenge

- ▶ Focus on increasing good choices – not denying favorite foods
- ▶ Emphasizes USDA “Half Your Plate” guidelines
- ▶ F&V have great nutrition, and “crowd out” calorie-dense foods

Hydration Challenge

- ▶ Drinking water before meals is an effective aid to portion control
- ▶ Encourages replacing high-sugar beverages with water
- ▶ Proper hydration is important for alertness & productivity

LIFE BALANCE (SLEEP + STRESS)

Sleep Challenge

- ▶ Sleep quality is related to productivity, weight changes and depression
- ▶ Emphasizes good habits that help people get better quality sleep
- ▶ Educates about sleep-damaging habits like late-night TV and alcohol.

Stress Reduction Challenge

- ▶ Chronic stress is related to medical conditions including heart disease
- ▶ Emphasizes positive activities to make participants less affected by stress
- ▶ Challenge tracks minutes spent in activities such as progressive relaxation, breathing exercises, meditation, and prayer.



EcFit Team Challenge

- ▶▶ **Easy to administer
online system**



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Built on innovation and research, Aquila-managed fitness centers & wellness programs deliver beyond your expectations.

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Let's Shape Up!

Consider the difference between:

"Go for a run" and "Let's go for a run"

"Quit smoking" and "Let's quit smoking"

"Lose ten pounds" and "Let's lose ten pounds"

Shape Up The Nation adds "Let's" into the health and wellness conversation.

We make health social.



shapeupthenation.com



We make health social.



Our Social Networking Solution Adds “Let’s” to Wellness

At Shape Up The Nation, our approach to health and wellness is driven by the word “Let’s.” It’s a simple idea with enormous benefits for all. We have built an online platform that allows individuals to harness the power of their communities to succeed in ways they never could on their own. So far, nearly one million people have joined together to lose weight, start exercising and lead healthier lives. We have seen the infectious power of the motivation, support and accountability that develops when a social network says “Let’s...,” and our mission is to spread it as far and wide as possible.

The truth is that getting healthy can be easy once we realize that all of us already have the most important thing we’ll ever need to succeed: each other.

shapeupthenation.com

Employee
Contests

RDI Driven

Web Tools
& Resources

Outcome Based

Bottom Line

User
Friendly

High
Participation

HRAs

High RDI





OF COURSE

We offer all of these components,

BUT WE START

With what's most important





... A RELATIONSHIP

“The first key to change: Form a new relationship with a person that inspires and sustains hope.”

*- Alan Deutschman
Author - Change or Die*

US CORPORATE WELLNESS



"If you're looking for the most personalized and cost effective wellness program in the industry, nothing approaches the value of US Corporate Wellness!"
- Kevin Hamilton, Director of Benefits, The Children's Hospital

"Partnering with US Corporate Wellness has been one of the best business decisions we have made."
- Sandra Osborn, Partner, Discovery

Ready to cut through the noise and launch your own "One Size Fits One" Employee Wellness Strategy?

Contact our CEO, Brad Cooper personally at bcooper@USCorporateWellness.com or ask for him by name @ 800-910-9425





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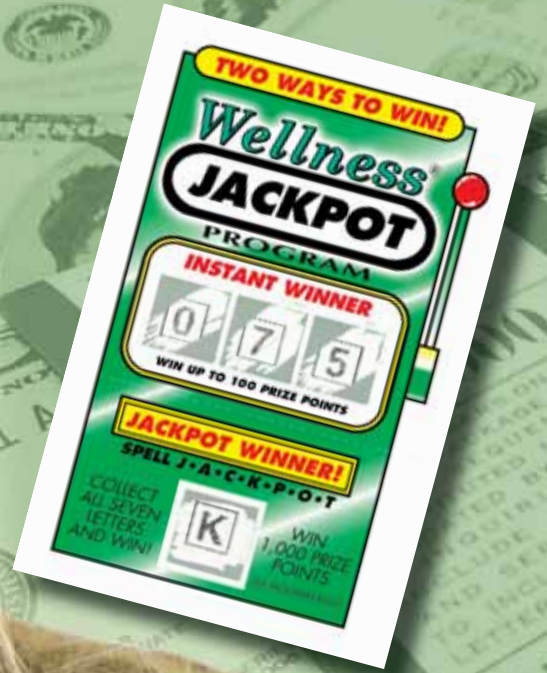
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- Flexible, low-cost biometric screening options.
- Customized communications materials that keep employees engaged and motivated.
- Targeted, proactive onsite and telephonic health coaching to effectively drive behavior change.
- Flexible, outcomes-based incentive programs to motivate employees and maximize participation.



VIRIDIAN
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HEALTH AND FINANCIAL OUTCOMES WE STAY FOCUSED

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VIRIDIAN
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Through a Results-Based Wellness Program

With today's healthcare costs spiraling out of control, businesses are realizing that their employees' poor lifestyle choices are largely to blame for rising claims. The numbers prove it. According to the Centers for Disease Control and Prevention (CDC), 75% of employer healthcare costs stem from preventable chronic conditions.

In most corners of the insurance landscape, low risk is rewarded. Good drivers pay less for car insurance than bad drivers. Brick homes cost less to insure than wooden structures. So why not reward employees who live well and wisely manage their health?

Now, with new legislation that allows employer-sponsored health plans to provide results-based incentives for wellness, it's possible. And Bravo Wellness can help.





Innovative Benefit Designs That Yield Instant Savings

Bravo Wellness specializes in developing flexible, HIPAA-compliant corporate wellness programs that give employees financial rewards for achieving healthy outcomes.

Employees who achieve and maintain healthy lifestyles pay a smaller share of the overall health coverage costs.

Employers see immediate savings with costs shifting to employees who fail to exhibit healthy behaviors.

BRAVO WELLNESS
Live Well, Pay Less.
Healthcare the Way It Should Be.



Not Your Typical Wellness Program

Bravo Wellness is not a traditional wellness program. In fact, where typical wellness programs fall short, we succeed. Although employees may appreciate free t-shirts and fitness club discounts, the truth is that most simply don't get involved with their company wellness program. In fact, researchers found that only 3 in 10 employees currently participate or have participated in such a program in the past three years. In contrast, Bravo Wellness programs feature a key component that traditional wellness campaigns lack: motivation. Financial incentives dramatically increase employee engagement: you can expect at least 92% employee participation with Bravo Wellness.

And most importantly, you won't have to wait years to see your return on investment. With Bravo Wellness, you'll see an immediate ROI—a savings of about 6-9% of your current healthcare costs with our standard design. And, the savings don't end there. Bravo Wellness clients can expect to reduce their claims utilization by at least 5%.

How Does It Work?

Bravo Wellness does not take the place of your health insurance carrier or third party administrator. We work in partnership with your established vendors to create a solution that ties employee participation and their wellness screening results (i.e., tobacco use, cholesterol, body mass index and blood pressure) to what they pay for healthcare coverage or what their benefits are. We can bring a full turnkey solution or partner with your preferred wellness program vendor, screening lab or healthy lifestyle coaching program. Employers can customize their design.



We Take Care of the Details— So You Don't Have To

Whether you need us to coordinate all the elements of your program or certain components, Bravo Wellness gives you the road map and takes care of the details. We understand health insurance law, including HIPAA non-discrimination regulations, and we're skilled in wellness regulations for group health plans. Our unique services include:

- Expert consulting in wellness incentives—plan review and design
- Coordination and administration of individual and group biometric screenings through a reputable, national network of wellness screening partners and custom registration tools
- Communication tools and support for employees
- Administration of participant appeals and rewards and “reasonable alternatives” when required because of a medical issue
- Advanced incentive tracking software for custom exports to payroll and eligibility systems
- Oversight of your program to assure full compliance with HIPAA Wellness Rules. If you're new to wellness and don't know where to start, we can introduce you to state-of-the-art health improvement tools as well as health outreach programs from our industry partners.



If your company is results-oriented, embraces pay-for-performance programs and tends to reward ideas and behavior that directly impact your profitability, there is a great chance that the Bravo Wellness model will fit your culture extraordinarily well. Contact us today at 877-66-BRAVO to arrange a presentation and begin your journey to lower healthcare costs, greater productivity and a better bottom line.

Bravo Wellness LLC
36711 American Way, Suite 2F
Avon, OH 44011
877-66-BRAVO
(440) 934-2090 (phone)
(440) 934-9850 (fax)
www.bravowell.com

Want to double the participation in your wellness program?

Reach your entire population, including remote employees and dependents, with BiolQ's at-home screening services.

BiolQ will send test kits to employees' homes or workplace. Use them as a stand-alone screening solution or to augment on-site screening events.

Participants simply drop their samples in the mail to route them to BiolQ's CLIA-certified labs, which use full-scale laboratory analyzers to ensure the highest possible accuracy.

Participants receive private, easy-to-read lab reports to share with their physician or health coach. Employers obtain critical aggregate information summarizing the health of the population, and can integrate employee health records with their wellness provider or carrier.

BiolQ helps employees stay healthy and employers stay informed!

Employees Receive:

- * One simple test that simultaneously screens for heart disease (total cholesterol, HDL, LDL Trig.) and diabetes (A1c or glucose)
- * Accurate laboratory analysis, with results delivered online or via USPS
- * 24/7 live customer support
- * Optional Health Risk Assessment and health coaching

Employers Receive:

- * Aggregate data, including year-over-year trends to help you refine your health plan and reign in costs
- * Comprehensive administration and support
- * Turn-key communications package to drive engagement
- * Data integration with wellness providers or health insurers



For more information contact us at wellness@bioiq.com, call 805-504-8586 x581, visit us online at <http://www.bioiq.com>, or return the business reply card in this buyer's guide.

bioIQ

Test Your Health at Home



Access your entire population, including remote employees and dependents.

Test samples are analyzed by CLIA-certified labs. Testing frequency and medical recommendations are based on guidelines from the National Institutes of Health, U.S. Centers for Disease Control, American Heart Association, American Diabetes Association and other certified institutions, in conjunction with current insight from our medical advisory board.



PROACTIVE
PARTNERSsm

KEEPING YOUR ORGANIZATION HEALTHY

Proactive Partners manages fitness centers for corporate facilities, hospital and health systems, and office buildings throughout the country. With more than 40 years of experience working with blue-chip clients, we're known for our ability to provide wellness initiatives that help improve fitness while helping you maintain a healthy financial bottom line.

Let us help you improve your fitness operations today.



SERVICES

FITNESS CENTER MANAGEMENT:

Innovating fitness center management since 1969.

- We offer a turnkey method to open and operate fitness centers that delivers exceptional value to you as well as to your club's members.
- We ensure quality service, operational excellence, and cutting edge programming, as well as effective sales and retention initiatives to attract and retain your members.
- We're known for our comprehensive Central Services support capabilities including CPAs, HR Professionals, a labor lawyer, centralized purchasing to control costs, a director of risk management, design advisory services, membership marketing library, proprietary associate service training, and more.

HEALTH ENHANCEMENT SOLUTIONS:

Welcome to the total wellness solution.

- We provide nationwide health and wellbeing initiatives for your employees to participate in at work, home, or on the road. It's a total wellness solution, with no fitness center required.
- Our engaging, personalized, and effective initiatives, based on your company's needs and interests, can be delivered through the Web, phone, or on-site.
- Our menu of initiatives are customized to compliment your existing insurance benefits and Employee Assistance Program.



INDUSTRY

HOSPITALS & HEALTH SYSTEMS:

Experts at extending the continuum of care.

- We partner with you to strategically navigate health care reform and serve as physician extenders to assist you in keeping your patient population healthy and well for the long term.
- We recognize that innovative programming and seamless integration with your service lines is key to differentiating your fitness center.
- We bring our 40 years of health club management retail expertise so that your center runs at maximum efficiency and participation to be successful financially.



CORPORATIONS:

Healthy Employees. Healthy Business.

- We excel at employee engagement, consistently providing programs to increase involvement, results and retention.
- Our core competency is operating fitness center and wellness programs to be user friendly and fiscally smart.
- We start by understanding your corporate culture and ROI expectations. We then use our depth of organization, experience and resources to execute for maximum participation and efficiency.

OFFICE BUILDINGS:

Creating an amenity that attracts and retains.

- We understand your goals: To offer a fitness center that helps attract and retain tenants. So is having an amenity of which you can be proud that operates at maximum efficiency.
- Proactive Partners knows how to provide the cutting-edge, service-focused fitness center that will differentiate your property to current and prospective tenants.
- We also excel in operating as cost effectively as possible while maintaining the level of standards your building deserves.





RESULTS

In part, our success in managing fitness centers and wellness programs for corporations, hospitals, health systems, and office buildings comes from using our privately-held Midtown Athletics Clubs® for research and development. The result: we're able to provide new programs, services, and center improvements that already have been proven successful.

What's more, because of our size, we're able to realize economies of scale and pass those savings through to you.

Sound interesting? Then contact us today to learn more about how we can help you.

Contact Debra Siena

Phone: 773.463.1234 X249

Email: action@beproactive.com

Or visit us at beproactive.com

**PROACTIVE
PARTNERSSM**

CHENOWETH

ASSOCIATES, INC

30 YEARS OF EXCELLENCE

Health & Productivity Assessment And Evaluation Tools



Our **Proportionate Risk Factor Cost Appraisal™** is the industry's most accurate **claims data analysis** tool. PRFCA™ breaks down MDC, DRG, and/or ICD-coded claims to reveal your costliest and most common claims, inpatient vs. outpatient comparisons, risk factor-specific cost distributions, employee vs. dependent per capita cost trends, and other data-driven outcomes.



EconoHealthROI™—a customized health and productivity data report that provides clients with a personalized (1) health care cost projection, (2) risk factor cost ranking, (3) break-even analysis prescription for wellness programming and (4) Return on investment (ROI) outcomes based on real or projected risk reduction impacts.



Our customized **health risk appraisal** services include both web-based and print versions of the health risk survey and reports. Through the online version of the HRA, participants' health risks can be analyzed using a full-featured, internet-based risk evaluation tool designed to evaluate risk management opportunities in the workforce while promoting awareness and healthy behavior change.



Our **RiskFlag™** is the industry's most versatile **risk stratification** tool. It pulls designated claims, demographic, occupational, health plan, productivity, and other targeted data sources together to identify individuals whose risk profiles warrant customized interventions.

CalcuL8™

The industry's only health and productivity program prescription tool using break-even cost projections and YOUR organization's actual cost, budgeting, and participation trends.





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30 YEARS OF EXCELLENCE



Benefit-Cost Analysis



Break-Even Analysis



Claims Data Analysis



Cost-Effectiveness Analysis



Forecasting



Present-Value Adjustment



Health-Productivity



Risk Factor Costing



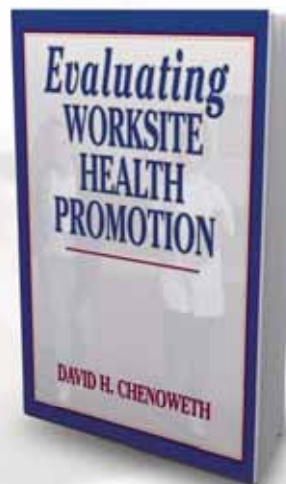
Return-On-Investment (ROI)



Statistical Analysis

Books For Practitioners

Order one of our books that are jam-packed full of information on program planning and evaluation tools, guidelines, and how-to applications.





Announcing WELCOA's Second Annual...

National Training Summit

How To Integrate Self-Care & Wellness

- Promote Self-Responsibility
- Improve Employee Health
- Generate ROI

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RESERVE YOUR SPOT TODAY!



Your wellness portal should exceed expectations



1 Measure health and strategize



2 Inspire change with fun initiatives and education



3 Integrate high touch programs and coaching

Deliver powerful integrated health programs within a CoreHealth wellness portal. Every client you serve can have a tailored experience complete with their branding, content, and program options. Offer a combination of health assessments, biometrics management, video education, regional or global health challenges, personal goal setting, tailored health trackers, social motivators, event promotion, coaching and more. Your next brilliant 'idea' can be a full-fledged campaign in days or less, thanks to our convenient design tools and templates.

For maximum exposure and peak engagement, health initiatives can be fully integrated. A health assessment can promote a coaching session, suggest video education, or promote any other intervention based on identified health risks. Let creativity be your only limitation. Call us today, and experience the power of a CoreHealth portal first hand.

coreassess
HEALTH RISK ASSESSMENT AND HEALTH EDUCATION

- Health assessments
- Wellness questionnaires
- Biometrics management
- Real-time aggregate results
- Custom designer tools

corexl
INSPIRING WORKPLACE WELLNESS

- Fun wellness challenges
- Completely customizable
- Trackers for any behavior
- Packed with motivators
- Exceptional ROI of 10:1

coreeducate
LEARNING CAMPAIGNS AND KNOWLEDGE BASE SUPPORT

- Video health education
- Safety campaigns
- Learning verification
- Achievement awards
- Knowledge libraries

corecoach
STRATEGIC GOAL SETTING AND GROUP COACHING

- Connect client and coach
- Personalize goals and programs
- Facilitate maintenance coaching
- Scalability increases efficiency
- Reduce costs



Help your people re-discover healthy living



coreassess

INTEGRATED HEALTH ASSESSMENT AND HEALTH EDUCATION

*"Dozens of health assessments measure risk and enable strategic planning. **Your HRA should do more.** Inspire change. Empower people to live a life they enjoy while you reap the financial rewards."*

There's power in process. CoreAssess is advanced technology used to deliver online and paper health risk assessments. The tool links directly with Corexl for fun health and wellness challenges, and with CoreCoach for individual and group coaching. CoreAssess moves beyond traditional HRAs by helping participants embrace and enjoy change.

CoreAssess Administrators can:

- > Deliver a standalone HRA or fully integrated program
- > Integrate company and team wellness challenges
- > Serve an unlimited number of companies or business units
- > Integrate CoreCoach for tailored personal programs
- > Enhance an existing HRA with custom branding
- > Maintain a significant price advantage in the market
- > Customize content easily with the assessment designer
- > Enable site managers with configurable security
- > Tailor HRA feedback to match participant needs
- > Expand strategies through best practice education
- > Provide real-time reports on risks, costs, and trends
- > Enjoy full ownership of aggregate client data
- > Drill down to report by location, occupation and custom fields
- > Call for toll free administrator support
- > Produce all results in real-time



75% of participants...



achieve their 3 month goal

corecoach

STRATEGIC GOAL SETTING AND GROUP COACHING

The CoreCoach portal is easily customized for every coach, participant, and organization served. Simply define your ideal coaching process and CoreCoach will streamline delivery. An innovative collection of self-management and tracking tools help every participant achieve more, while providing the coach with a real-time view of each participant's progress. This enables the coach to proactively respond to participant needs for improved efficiency, effectiveness, and success.

- > Tailor programs for each employer you serve
- > Add company logos and customize
- > Create innovative new programs with ease
- > Assign tasks, training, to do lists, and trackers
- > Optimize change with maintenance coaching
- > Motivate with automated recognition tools
- > See, sort, and filter participants by progress
- > Real-time reporting provides evidence of success
- > Coach individuals, or groups for scalability
- > Data mine, analyze, and improve outcomes
- > Leverage social networking for support
- > Manage case notes and employer group notes
- > Serve more clients per coach, while spending less
- > Offer a full wellness strategy by choosing to integrate health assessments, education, fun fitness and health challenges, corporate events and knowledge bases



Wellness Benefits *that* work better



Paid claims up to
11-26% lower
than 3-5 years ago
– without cost shifting



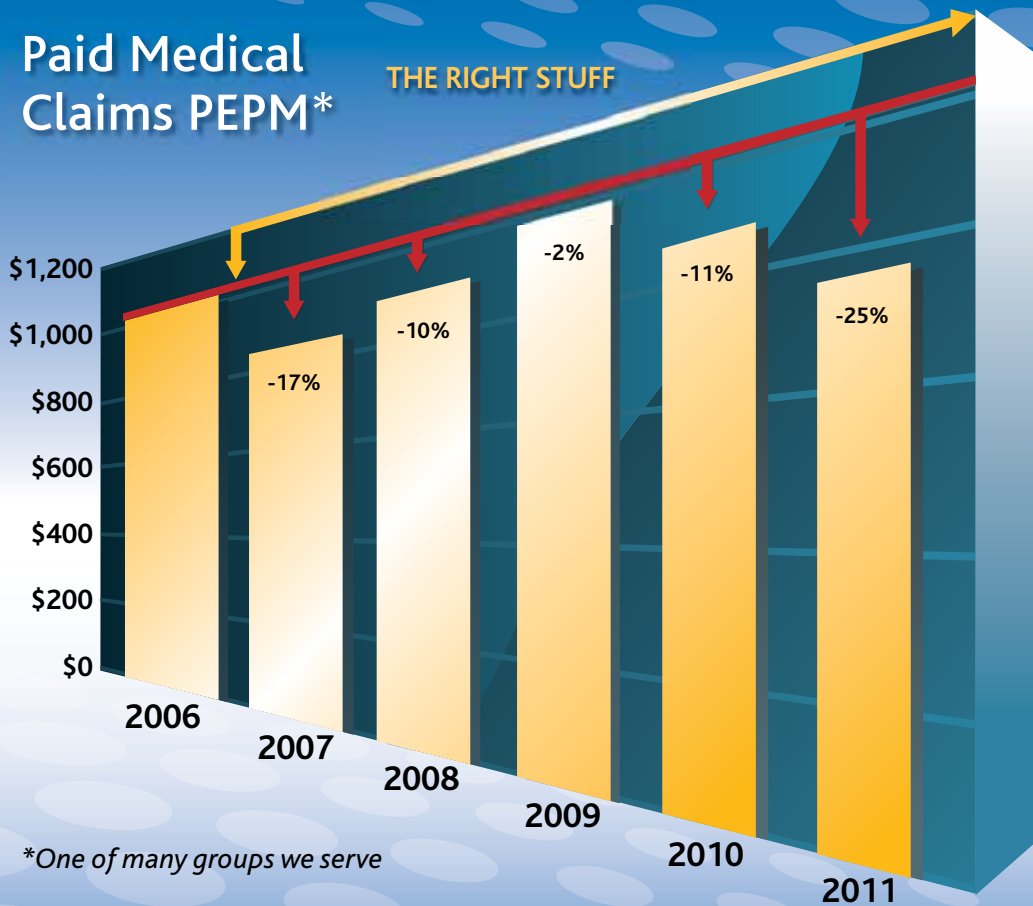
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Looking for results in
Year 1 & Beyond?

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Paid Medical Claims PEPM*

THE RIGHT STUFF



*One of many groups we serve

How?

Rapid, population-wide improvements in:

- ▶ Prevention & Early Detection
- ▶ Patient Safety, Use & Quality of Care
- ▶ Risk, Condition & Care Management
- ▶ Informed Medical & Benefit Decisions
- ▶ Empowerment & Wellbeing



HPN has the *right* stuff for you

- ▶ Over 300 metrics to document results and success
- ▶ Solutions that work
- ▶ Meaningful results for all parties
- ▶ 28 years of innovation
- ▶ Practical business solutions
- ▶ Marks of quality – evidence-based, standards met, awards won...

- ▶ This is our only business
- ▶ Recognized leaders
- ▶ Responsive
- ▶ Serving over 1,000 employers, unions and other groups
- ▶ Architects of powerful solutions – faster, lasting and greater success

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Health Coaching, DCM,
Care Counseling & EAP

Wellness Screenings at work,
home and via provider

Employee-Wide
Trainings



Health Power
Assessments (HRAs)

Core Competencies & Tools for All

Employee & Family-Centered Support

Tailored and Integrated to Optimize Results



Online Decision Support



Launch & Ongoing
Reinforcing
Communications

Other Key
Support:

- ▶ Effective Benefit & Incentive Design
- ▶ Key Policies
- ▶ Practical Admin & Clinical Support
- ▶ HIPAA Compliance

It's all about the *right* stuff

RIGHT support

RIGHT integration

RIGHT actions

RIGHT incentives

RIGHT skills

RIGHT compliance rates

RIGHT care

RIGHT partners

RIGHT priorities

RIGHT timing

You can do it too.

Doing it *right* since 1983



Results that count

- ▶ Flat or negative rates of increase.
- ▶ The same or richer benefits.
- ▶ 90-100% participation.
- ▶ Better skills, decisions, health, use and quality of care . . .

Who cares more about doing the *right* things to get better, rapid *and* lasting results?

- ▶ Employer *or* Large Carrier
- ▶ Patient & Family *or* Provider *or* Both
- ▶ Self-Funded Plan *or* Fully-Insured Plan



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Free stuff

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Why Choose Summit Health?

Here's The Latest Mountain Of Data.

Reaching your peak health is easier than you think.

At Summit health, we're proud to provide the nation's highest-rated service and the best value in wellness. Whether you're at a business, government or education, we'd love to make you our next success story. Summit's wellness programs include health screenings, home test kits, immunizations, coaching, education & behavioral modification programs, lunch & learns and more. No one delivers more engagement and satisfaction. Over the last three years, we've served more than 3 million people through 65,000 programs across all 50 states, Puerto Rico, and Canada.



www.summithealth.com



Why health plans and organizations of all sizes love partnering with Summit Health:

- Largest selection of health screening options including fingerstick and venous blood draw
- “One-on-one” high-touch health screening and coaching model (Single Station™)
- Coverage across all U.S. ZIP codes and beyond
- Nation’s leading provider of corporate screenings, flu shots, adult vaccinations, and wellness programs
- Provision of tools which achieve high engagement and satisfaction
- High quality, consistent, and seamless “turn-key” programs
- Dedicated single-point-of-contact for Program Management
- Comprehensive data collection, analysis, reporting, and integration capability with insurance organizations and third-party vendors
- Ability to submit claims to all major insurance plans
- Meets with all federal and state regulations
- Other screening models including state-of-the-art home test kits

Summit Health provides a wide range of on-site, home test, and other services including:

- Health Screenings – Fingerstick or Venipuncture
- Health Fairs
- Flu Shots/Immunizations
- Lunch & Learns (22 topics)
- On-Site Behavioral Modifications Programs
- On-Site Coaching
- Educational Materials

Drive up your Return on Investment (ROI)

- Stratified aggregate reports
- Year to year comparisons
- Identification of high/moderate risk employees
- Process to direct employees into lifestyle and disease management programs

Increase employee participation

- Marketing & awareness campaigns
- Automated on-line appointments
- Convenient programs for remote sites
- Various screening methods

Boost employee satisfaction

- On-site biometric counseling
- Friendly and professional staff
- Single screening station model

Enhance education & compliance

- Lunch & Learn seminars
- Educational handouts and displays
- Incentives
- On-site health coaching

Simplified Pricing & Billing

- Per Participant
- Per Employee Per Month (PEPM)
- Able to bill insurance claims



(248) 416-1602



“Summit is an integral component of our employee health awareness and engagement strategy.”

Bob Roodhouse
Manager, Health & Welfare Programs
Weyerhaeuser Employee Benefits

“I’m very impressed...exceeded my expectations.”

Sharley Hughes
Department for Employee Insurance
State of Kentucky

“...Extremely impressed and appreciative of the great work that Summit Health did...”

Ana Matthews
Premera Blue Cross

Ready for your organization
to achieve peak health?

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THE *WIN-WIN* WELLNESS SOLUTION

Packaged programs to deliver value & results.

YOUR WELLNESS SOLUTION IS WAITING.

We've combined the essential components of a successful wellness program into one convenient package – The WellSuite® Portal – an integrated, comprehensive, online suite of products that will give you measurable results at an affordable price.

COMPONENTS FOR WELLNESS SUCCESS

6. MEASURE

REPORT ON HEALTH OUTCOMES

1. ASSESS

YOUR POPULATION

5. TRACK

HEALTH ACTIVITIES, GOALS & PROGRESS

4. MOTIVATE

PARTICIPANTS & KEEP THEM ENGAGED



2. DISCOVER

YOUR HEALTH RISKS

3. INTERVENE

EDUCATE & ENROLL AT-RISK INDIVIDUALS



CALL TO SCHEDULE A DEMO.

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THE WELLSUITE® PORTAL INCLUDES:

- ▶ The most current and scientifically based health risk assessment on the market
- ▶ An online video to help your participants understand their assessment results
- ▶ The opportunity to successfully make positive changes with online interventions
- ▶ Easy-to-understand educational health information
- ▶ Engaging and motivational health communications
- ▶ Health activity and goal tracking to record change



**Get your
wellness program
on track with the
WellSuite® Portal**



Leaders in Training

Creating a Culture of Health in Your Organization

(Excerpt) By Don Hall, DrPH, CHES,
Founder and Board Chair, Wellsource, Inc.

With so much data available showing the benefits of healthy employees, why would any organization not want to encourage better health for its workforce?

After all, healthier employees are more productive, miss less work due to illness, cost employers less for health care, and generally have a more positive outlook on life (which carries into their work). But if employee wellness hasn't been given the attention it deserves at your company, what can you do to help create a worksite culture of health?

According to the Centers for Disease Control and Prevention (CDC), a culture of health in the workplace requires that employee health and safety be valued, supported, and promoted through workplace health programs, policies, benefits, and environmental supports. It's management communicating the following message to employees: "This is what we do here. Supporting employees in achieving their personal wellness goals is a part of who we are."

It's true: If you can create a social norm in an organization where people are interested in health – such as being physically active daily and eating healthful meals – you can create an atmosphere of change. Even the most unhealthful and skeptical employees are more likely to jump on board and start adopting healthier lifestyles if they see their co-workers doing so.

If you spend time with people who like to hike, bike, or work out at the gym, what does it make you want to do? The common experience is that you will want to hike, bike, or go to the gym as well. Most people like to fit in with what they perceive to be the social norm.

Creating a culture of health in your workplace can have a profound, positive influence on your company.

For the full article and to learn 6 steps for creating a healthy lifestyle norm in your organization, go to: www.wellsource.com/free-resources.html

About Wellsource

Wellsource pioneered the concept of computer-assisted wellness. Today, more than 30 years later, our company continues to offer innovative products that improve lives and contribute to a healthy bottom line. It's no accident that Wellsource continues to be a premier provider of computerized health assessments and interventions.

WE BELIEVE...

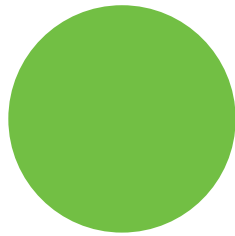
Good health is the asset upon which all other aspects of your life – thoughts, actions, dreams, and fulfillment – depend. It requires a lifetime commitment from which you will enjoy lifetime benefits. You will never regret a decision to take better care of your health.



CALL TO LEARN MORE.

800.533.9355

WWW.WELLSOURCE.COM



**Is your wellness program
missing something?**



**Does your online strategy
feel incomplete?**



Let's put the pieces together.



www.purewellness.com



ROCK STAR

Rock stars have the power to get people out of their seats and get people moving. Just as the best rock stars know how to engage and inspire the crowd, our 15 years of research and experience have taught us a thing or two about engaging our audience. Through our Engagement Specialists, Account Teams and onthemark healthy worksite consultation, we'll create a customized engagement strategy for your organization. But as any rock star can tell you, engaging the crowd takes more than a strategy – it takes passion, energy...and awesome instruments. We've got that covered. Onlife's ondemand client engagement website, onboardin21 process, dedicated coaching, health challenges, incentive administration and member health portal are just some of the instruments we can use to get your crowd going. There's a lot more where that came from.

WE'RE READY TO ROCK.

live on



WIZARD

No illusions or sleight of hand here. We've just got this down to such a science that it looks like magic. Our wizards of science may not wave a magic wand, but they know the right spells and ingredients to make things happen. Just as wizards are known for their knowledge, wisdom and power, our products are based on proven knowledge with the power to get results. We use evidence-based scientific research to support our incentive structures, reporting capabilities, ROI methodology, health assessment, Coach training and certification and Standards of Care. Our Scientific Advisory Board, which includes world-renowned experts from the medical and health promotion and management industries, as well as our Research and Informatics team and our Clinical Specialists, serve as our resident wizards, ensuring and validating our outcomes.

WE BELIEVE IN MAGIC.

live on

SUPER HERO

We save you money. We save your employees from an unhealthy life. We might not wear tights or a fancy cape (at least not to work), but we're still the dedicated, determined, dependable type, always ready to do good and make things right in the world. We're able to prove the good things we do through our positive outcomes. Whether it's our engagement process, incentive recommendations, biometric screenings or coaching programs, all of our products and services are designed to make a difference. We pride ourselves on client and member satisfaction, improved health status outcomes and financial outcomes. In fact, Onlife programs yield an average of 1.92:1 savings to Onlife fees ratio. That's just one of the many ways we save our clients.

WE'RE HERE TO SAVE THE DAY



live on

Positive Living transforms mere mortals.

Onlife Health's Positive Living products and services work in concert to plan, engage, motivate, sustain and measure, all with a focus on what works best to transform and improve the health of each individual we touch. Your organization and the people in them are unique. Your wellness strategy should be too.

onmyteam

Dedicated
Health Coaching

onmytime

Self-directed
Health Coaching

liveon

Member Portal

onmyway®

Health Assessment

ondemand

Client Engagement
Website

onthemark™

Healthy Worksite
Consultation

onbonus

Incentive Solutions

ontherecord

Reporting

onsite

Worksite Coaching

gameon

Health Challenges

fitnesscenter

Management

biometric

Screenings



Wellstream

Health Risk Assessment

WELCOA's Online Health Risk Assessment

The Wellness Council of America, one of the nation's premier resources for workplace health promotion, is proud to introduce *Wellstream*. *Wellstream* is an innovative, user-friendly health risk assessment. This powerful online tool will help your employees to assess and monitor their personal health status. More importantly, *Wellstream*—through its aggregate reporting function—will allow you as an employer to decipher important organizational health trends and introduce the appropriate health management interventions.

Wellstream Is More Than Just An HRA

With more than two decades in the business of worksite wellness, WELCOA can help you set up an aggressive and effective communication campaign and incentives to drive up participation. So when you purchase *Wellstream*, you'll get much more than just an online assessment...you'll get a partner who is committed to helping you succeed.

Wellstream Is Affordable And Cost Effective

When choosing a health risk assessment, cost is always a factor. That's why we've chosen to price *Wellstream* competitively. In fact, you'll find that *Wellstream* is perhaps the most cost effective HRA in the industry. Please contact a *Wellstream* representative at **402.827.3590** or send an email to **info@wellstreamonline.com** to inquire about custom pricing.

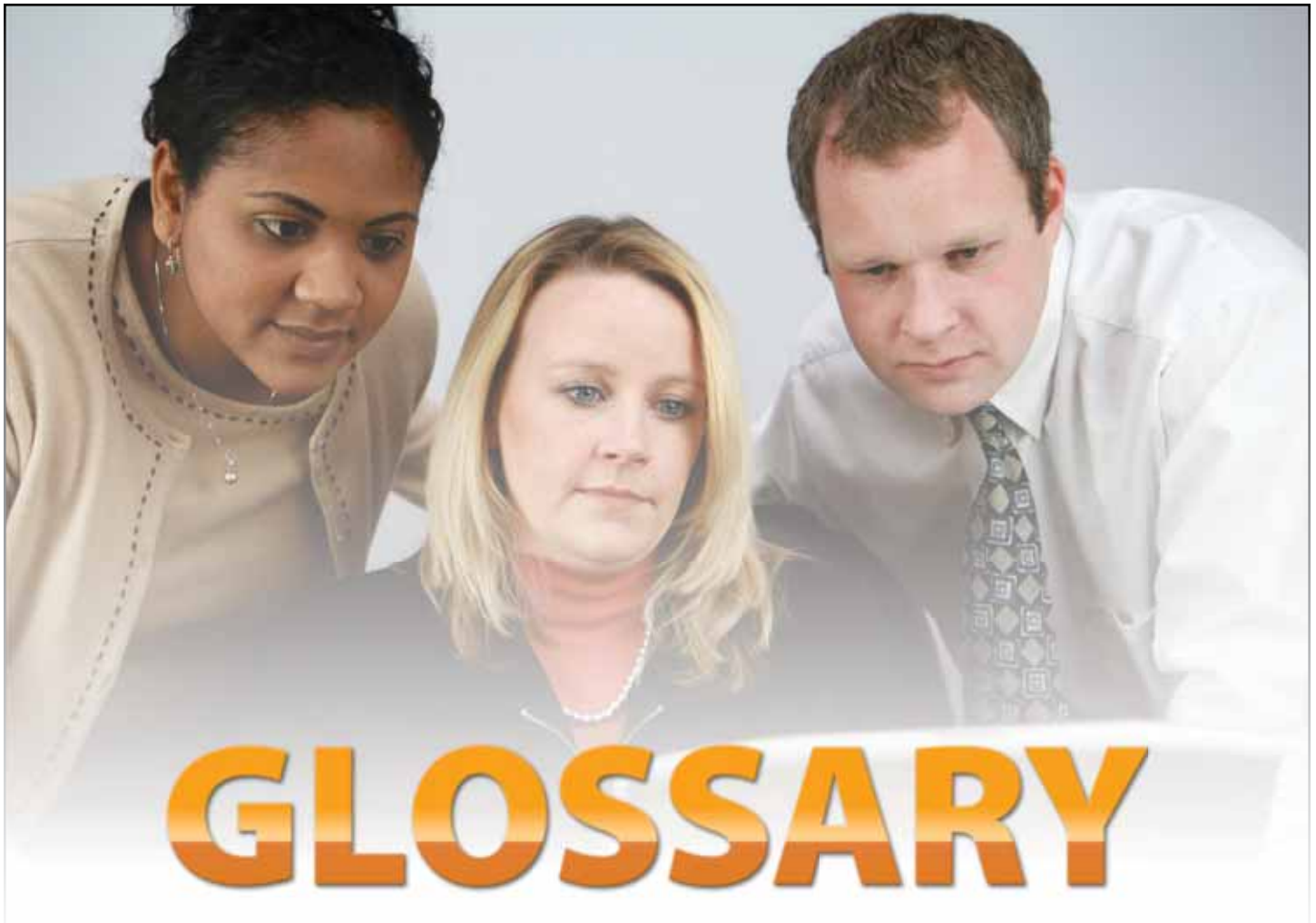
Contact Wellstream Today for Your Price Quote

Phone: 402.827.3590

Email: info@wellstreamonline.com

Web: www.getwellstream.com





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