

★ WELCOA's 2012

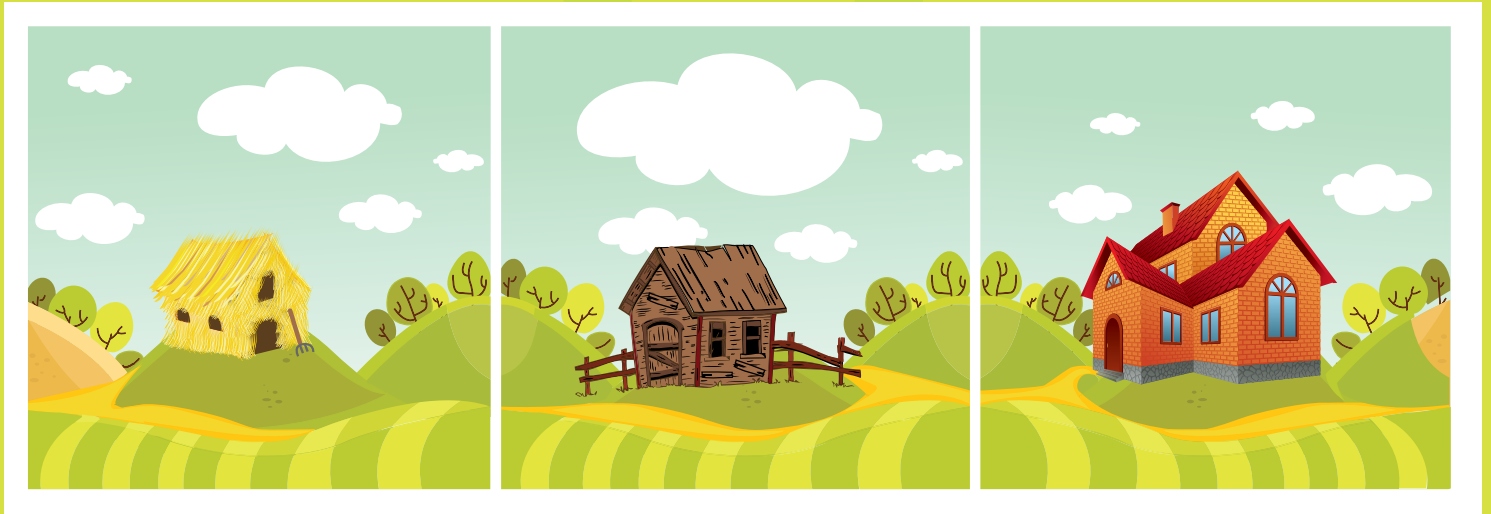
Buyer's Guide



2012

**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.

NEW - Participant Webpages and Online HRA

An online site that will allow participants to access health information, communicate with their health coach, track nutrition and physical activity and more!

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

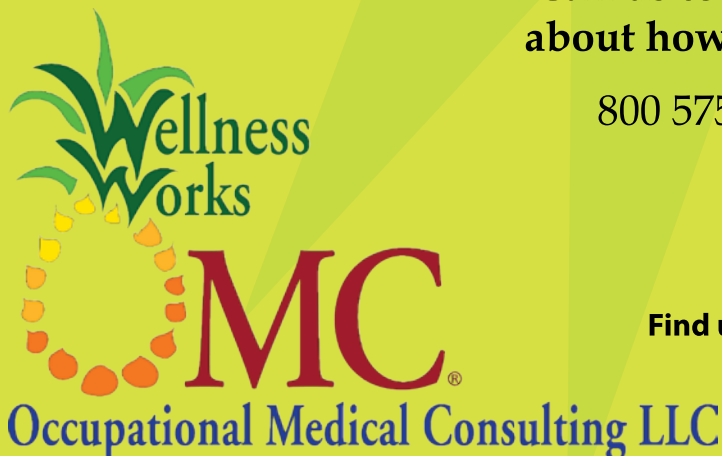
800 575 6537 ext 3207



Find us on Facebook



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



WELCOA Platinum Award Winner

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.

DIRECTOR OF COMMUNICATIONS | Madeline Jahn, MOL

Madeline Jahn is the Director of Communications 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 editing and planning support. She has a Master's Degree in Organizational Leadership from the College of Saint Mary. For questions about this publication, please contact Maddy at mjahn@welcoa.org.

MULTIMEDIA DESIGNER | Adam Paige

Adam Paige is the Multimedia Designer for the Wellness Council of America. With over 25 years of corporate experience in design and videography, Adam brings a wealth of talent to WELCOA's creative branding standards. His most notable designs are featured in WELCOA's series of best-selling publications and the webinar certification training programs. He has a Bachelor's Degree in Studio Art from the University of Nebraska at Omaha.

CREATIVE PROJECT MANAGER | Graden Hudson

Graden Hudson is an integral part of the WELCOA creative team. As a skilled and talented designer, he brings an attention to detail to WELCOA's array of web services. In his capacity as Creative Project Manager, Graden lends his creative energy to advancing WELCOA's mission on a national playing field.

GRAPHIC DESIGNER | Brittany Stohl

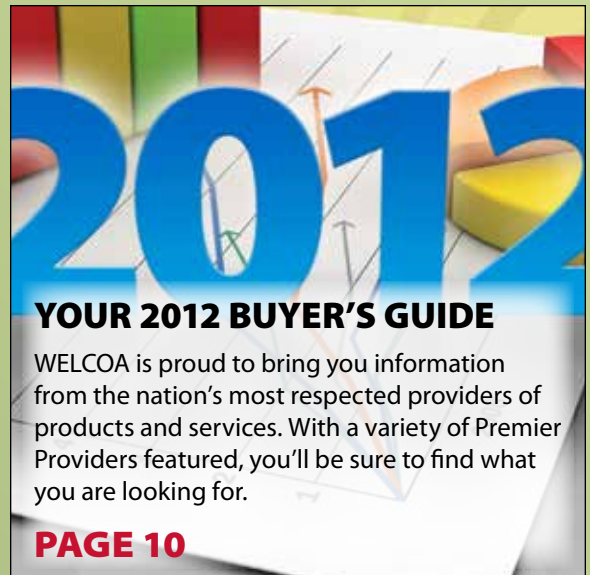
Brittany Stohl is the Graphic Designer for the Wellness Council of America. She has a Bachelor's of Fine Arts Degree from the University of Nebraska - Lincoln, and is in the process of obtaining a Holistic Health Coach Certification through the Institute for Integrative Nutrition. She brings a fresh perspective to WELCOA's line of publications and lends creative energy to advancing WELCOA's mission on a national playing field.

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WHAT'S INSIDE

You'll want to make sure to check out this section of the 2012 Buyer's Guide—it will lead you through the essentials on "what's inside."

PAGE 4



YOUR 2012 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.

PAGE 10



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.

PAGE 152

Wherever YOU are
We'll be there for you!

Midland Health specializes in servicing large corporations with multiple locations. Whether your satellite offices employ three people or 3,000, we can help you provide on-site biometric testing and comprehensive wellness services.



Midland health
Office • Residential
midlandhealth.com

800-968-8211 | 262-754-3320 | 18822 W. Lakota Road, Suite 200, Brookfield, WI 53005

Midland Health
For more information,
see the ad 18,31

myBiocheck
BY TRALE



iPad application MyBioCheck™ An easy-to-use biometric health risk assessment application developed specifically for the Apple iPad. MyBioCheck™ is central specifically for analyzing, comparing and health coaching organizations. Each participant and the company receives an easy-to-understand REPORT CARD... and who doesn't want better grades?

Please visit www.Trale.com or www.MyBioCheck.com

Trale
For more information,
see the ad 32-33

AFIS
Benefit of Executive Services

Healthy Employees
Make Healthy Companies.

A Wellness Program should actually make your employees well.

A gym membership, a bowl of fruit in the kitchen. That's healthy for your employees. But "Donut Fridays" can cancel out the good stuff pretty quickly. Being healthy means being consistent. And looking at the big picture—mind, body and soul. That's why AFIS Benefits connects everything, ensuring that all facets of your company inspire healthy activities and choices.

We call it a culture of health.
You'll call it a culture of savings.
See how we do it.



AFIS
For more information,
see the ad 19-22



**TOTAL HEALTH
MANAGEMENT SOLUTIONS**

Club One
For more information,
see the ad 34-35

Who knew there was one solution to your wellness program needs?

We did.



BRAVO WELLNESS

Bravo Wellness, LLC
For more information,
see the ad 23-26

**HEALTHY
ENGAGED
PRODUCTIVE**
...your employees.

As a manufacturing professional, you understand the value of your employees. It's not just their skills and experience that make them valuable, but their health and well-being. When your employees are healthy and engaged, they are more productive and more committed to their work. That's why we've developed a comprehensive wellness program that addresses the physical, mental, and emotional needs of your employees. Our program is designed to help you reduce absenteeism, improve productivity, and create a culture of health and well-being. Together, we can make a difference in the lives of your employees and your business.

Healthcare Executive | Manager Employee Health | Chief for 10 years

As a 2015 Health Design award winner, we are proud to be recognized for our commitment to employee health and well-being. Our program is designed to help you reduce absenteeism, improve productivity, and create a culture of health and well-being. Together, we can make a difference in the lives of your employees and your business.

Healthcare Executive | HR Manager | 10 years

Health Designs
For more information,
see the ad 36-37

THE GAMIFICATION REVOLUTION HAS ARRIVED



BSDI announces the Motivation Alliance: a full-featured Health Promotion Web Portal designed using the principles of game mechanics to maximize participant engagement.

BSDI

Midland 800.968.8211
Southwest Reg. Registration
http://www.motivationalliance.com

BSDI
For more information,
see the ad 27-30

METHODIST WELLNESS SERVICES

Well Managed Diabetes Program

Just like many other large organizations, The Methodist Hospital System is faced with population health challenges and rising healthcare costs to provide health care for its 12,000+ employees working in five hospitals.

At Methodist, we truly believe that our people are our greatest asset. The better our health, physically, mentally, and emotionally, the better we can serve our patients. Our Well Managed Diabetes Program is designed to help our employees better understand their condition, manage their diabetes, and prevent complications. The program includes a variety of services, including one-on-one coaching, group education, and self-management tools. The program is designed to be flexible and accessible to all employees, regardless of their location or schedule. The program is designed to be a long-term investment in the health and well-being of our employees and the success of our organization.

The Methodist Hospital System in Houston, Texas is ranked No. 17 among FORTUNE magazine's 2015 "100 Best Companies to Work for" and retaining the highest ranked healthcare organization in the country.

The Methodist Hospital System

LEADING MEDICINE

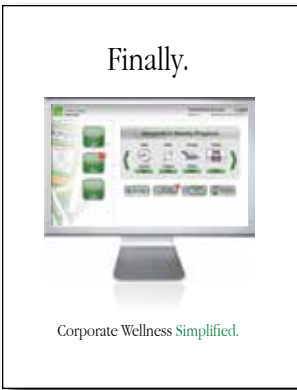
The Methodist Hospital System
For more information,
see the ad 38-41



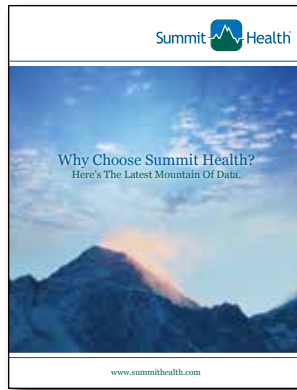
Midtown Health
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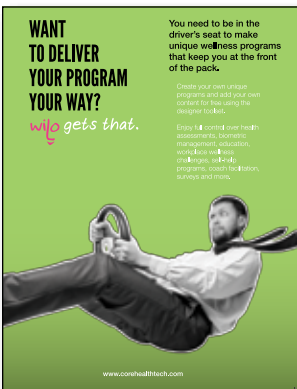
GlobalFit
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Wellness Jackpot
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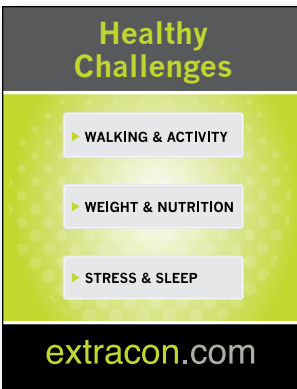
Summit Health
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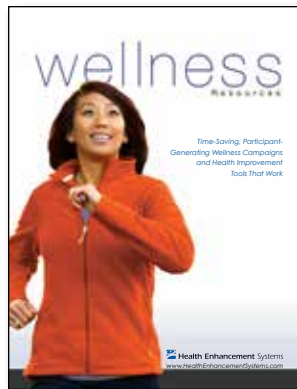
CoreHealth Technologies, Inc.
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Center For Workforce Health
 For more information,
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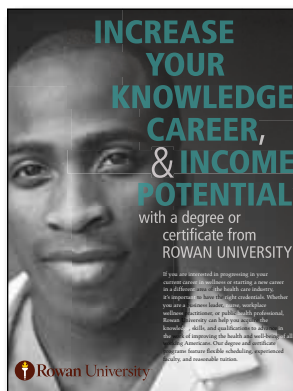
Extracon Science
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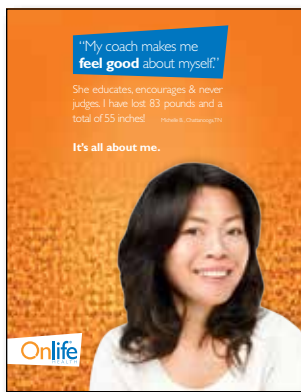
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SimplyWell LLC
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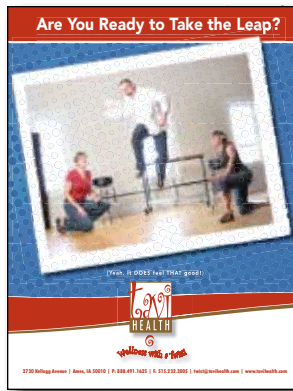
Provant Health Solutions®, LLC
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Star Wellness®
 For more information,
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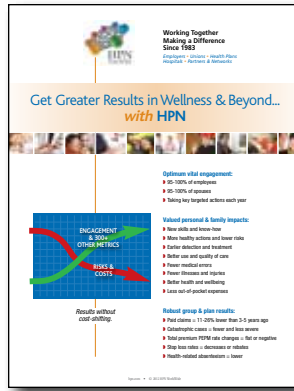
PURE ProActive
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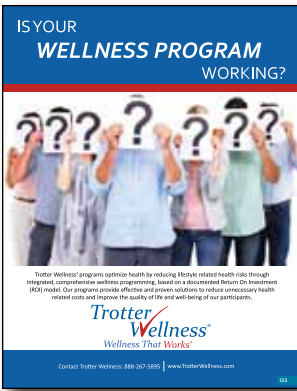
TAVi Health
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Gildan
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HPN WorldWide
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Trotter Wellness
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Healthy Company Alliance
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US Corporate Wellness
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Wellsource, Inc.
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PureWellness
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ShapeUp

For more information,
see the ad 144-147

Working Together Making a Difference Since 1983
 Engaging • Improving Health Plans • Healthier • Healthier & Wealthier

Get Greater Results in Wellness & Beyond... with HPN

Optimize vital engagement

- 50-100% of employees
- 50-100% of spouses
- Taking key targeted actions each year

Value personal & family impacts

- Meet risks and reduce loss
- Meet healthy actions and lower risks
- Control deductibles and treatment
- Reduce on and quality of care
- Power medication errors
- Prevent illnesses and injuries
- Reduce health and well-being
- Reduce cost of product programs

Reduce group & plan results

- Plan costs < 1.20% lower than 5-9 years ago
- Catastrophic cases < lower and less severe
- Total premium 10% less (except in high or negative)
- Stop lost risks < decrease or reduce
- Health-related absenteeism < lower

Chenoweth & Associates, Inc.

For more information,
see the ad 148-151

CHENOWETH ASSOCIATES, INC.
 32 YEARS OF EVALUATION EXCELLENCE

We can convert your program or plan data into STRATEGIC INFORMATION

Whether you're looking for a front-end program presentation, mid-program assessment, or back-end program evaluation, we can create and conduct a strategic evaluation plan around your demographics, culture, goals, policies, resources, and budget.

- Benefit-Cost Analysis
- Present Value Adjustment
- Break-Even Analysis
- Risk Stratification
- Claims Data Analysis
- Risk Factor Costing
- Cost Effectiveness Analysis
- Return On Investment (ROI)
- Forecasting
- 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 at www.HumanMetrics.com

Chenoweth & Associates, Inc. • 128 W. Andrews Circle • New Bern, NC 28562 • 252.636.2000 • www.chenoweth.com



SWELL

WELCOA'S SOCIAL NETWORKING SITE

RIDE THE WAVE!



SWELL is WELCOA's Social Networking Platform. It's a killer tool to keep you connected with other WELCOA members and, together, you'll keep abreast of what's happening in workplace wellness.

Log on to SWELL today to get started.

<http://swell.welcoa.org>



***Our mission is to make
the world a more active place***

***One work place
at a time...***

Making Wellness Work



The evidence is in—getting active improves health and reduces health care costs. Being active is a lifestyle; it is a choice that touches every aspect of our lives. To be truly healthy in life, we must be healthy at work as well. As a place where many of us spend 8+ hours a day, the office is an important, yet often overlooked, part of the active lifestyle.

Work is often where habits are formed and our colleagues can have as much influence on us as our friends and family. To achieve and sustain health, we need to take a holistic approach to wellness that encompasses behavior in the workplace.

You, as the employer, are the driver for employees to establish and cultivate healthy habits from 9-to-5 and beyond. In return, you'll see increased engagement and productivity with lower health care costs.

This is the power of workplace wellness.

Workplace Wellness Can Do More:

It isn't enough to direct employees to "get well" or "get moving" without showing them how. And it won't stick if you simply provide a one-time event or a series of disconnected programs with the hope that employees will become inspired. The secret to long-term, measurable wellness results is to create a unified program that consistently connects with your employees, motivating them day after day and year after year in the mode they prefer and in the places they are.


Why Activity Matters:

When executed successfully within a workplace wellness program, activity can become the vehicle to drive participation and foster behavior change. It will become an ongoing part of every employee's life, acting as a team builder, a source of personal fulfillment, and an underlying support for corporate initiatives.

Active Network — Uniquely Qualified:

Active Network's expanding database of more than 100,000 events and activities in local communities and its network of over 51,300 customer organizations gives you and your employees direct access to specific things to do to support your commitment to the active lifestyle.





ActiveWorks 365 combines a SaaS platform with our directory of real-world events to create novel engagement and re-engagement opportunities for your employees.

Key Product Features

- ▶ Co-branded portal integrating your logo and colors
- ▶ Company event calendar integrated with our calendar of 200k events
- ▶ Challenge, goal, badge and point-structure creation to support corporate targets
- ▶ One free training plan per participant
- ▶ Team building for competitions based on your organization structure (geography, function, etc.)
- ▶ Customized communications templates
- ▶ Live webinar kickoff
- ▶ Monthly reporting against standard metrics
- ▶ Help desk support for participants
- ▶ Virtual offline events (national charity run/walk, etc.)
- ▶ RSS feed integration for external content

ActiveWorks 365 delivers measurable results by giving employees tools for long-term success and achievement.

Visit **wellness.Active.com** to see case studies and view the stories of **ActiveWorks 365**.

The “Active” Element in Your Wellness Program



Wellness is a long-term commitment — not a one-time event

ActiveWorks 365 provides ongoing methods to track and reward all activities. Plus, encourage participation in structured team, group and company challenges.

Participate locally, on your terms, to deliver wellness directly to employees — that is a game changer

ActiveWorks 365 provides a direct link for employees to find activities in their area, from team sports to triathlons and everything in between.

ActiveWorks 365 supports an active lifestyle by connecting the best online tools with the power of real-world activities.

Find everything in one place and access it from anywhere — communication and program success have never been so easy

ActiveWorks 365 offers a platform for you to communicate with your employees and for them to socialize with their peers, family and friends.



STRESSED

about your

WELLNESS PROGRAM?

Try our
CALMER™
Approach

You can offer the 6 key components that should be included in your effort to create a culture of health - together or individually.



Communication

Newsletters | Calendars | Posters | Emails



Assessment

Health Risk Assessment | Biometric Screenings



Lifestyle Enhancement

Health Coaching | Online Wellness Challenges



Medical Self-Care

Families | Seniors | Men | Women | Children
Students | Prenatal | Emergency & First Aid



Education

Flyers | Video Clips | Incentive Management
Online Content | Brochures | Custom Products



Reporting

Custom Reports | Reliable Evaluations

Total Wellness from start to finish.

AIPM is uniquely positioned to be the only Wellness provider you need. From assessment to evaluation, in 29 years we have developed the most complete suite of Wellness offerings. Let our experienced consultants, with over 75 years of combined experience, help you design a program that's tailored for your organization.

Contact us for a catalog, more information and FREE 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



ACCREDITED
Comprehensive Wellness



HEALTH SCREENING MADE EASY



WANT TO DOUBLE THE RETURN ON YOUR WELLNESS INVESTMENT?

PROVIDE MULTIPLE SCREENING OPTIONS | INTEGRATE TEST RESULTS
CONNECT RISKS TO CUSTOMIZED SOLUTIONS



AT-HOME TESTING

Engage small offices, remote employees, spouses, and new hires throughout the year with the most accurate at-home testing solution.



LAB TESTING

Access a national lab network to empower members to find a location, print maps, get compliance-driving reminders, and access actionable results.



ON-SITE TESTING

Utilize customized communication and scheduling tools, save time for HR pros, and provide employees with the best on-site testing experience available.

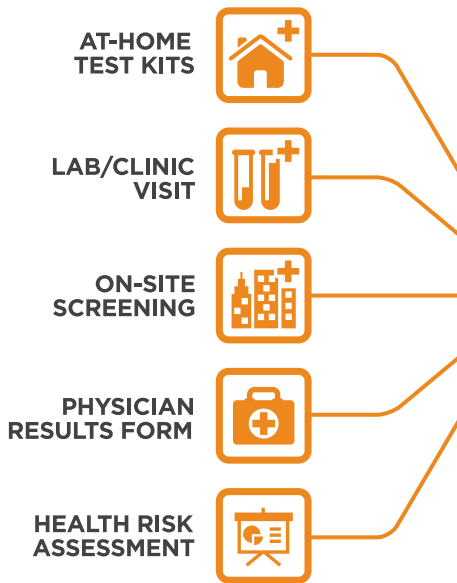


PHYSICIAN RESULTS

Acquire data from annual physicals and screenings; integrate results with participant accounts, HR reports, and wellness data files.

THE BioIQ TURN-KEY WELLNESS SOLUTION

SCREENING OPTIONS



INTERVENTIONS



BIOIQ INTEGRATES SCREENING OPTIONS, DRIVES ENGAGEMENT, MANAGES SCREENING PROGRAMS, AND CONNECTS DATA WHERE AND WHEN IT IS NEEDED.

Maximize Wellness ROI

You can't improve what you can't measure. Utilize multiple screening options to drive maximum engagement. Connect health risks to targeted wellness solutions.

- SCREEN**
Measure individual and population health with clinical accuracy
- REPORT**
Get actionable, year-over-year reporting for employees, members and HR pros.
- INTEGRATE**
Integrate data with all wellness vendors and health care stakeholders
- ACT**
Generate measurable returns with targeted wellness activities and solutions

BioIQ Program Benefits:

- INCREASE ACCESS TO 100% OF MEMBERS**
- INCREASE SCREENING ENGAGEMENT BY 50 - 100%**
- INCREASE WELLNESS UTILIZATION BY 10 - 30%**
- INCREASE CUSTOMER SATISFACTION (NPS) BY > 25%**



Wherever YOU are We'll be there for you!

Midland Health specializes in servicing large corporations with multiple locations. Whether your satellite offices employ three people or 3,000, we can help you provide on-site biometric testing and comprehensive wellness services.

**Midland
health™**

On Site • Everywhere

midlandhealth.com

If you haven't been able to implement a company-wide wellness program because your business has too many remote locations, Midland Health has the answer for you! We provide on-site testing to locations with as few as three employees for large, multiple-facility organizations.

Because we think your company-wide wellness program should include your **WHOLE** company.

AFIS

Benefits & Insurance Services

Healthy Employees Make Healthy Companies.

A Wellness Program should actually make your employees well.

A gym membership. A bowl of fruit in the kitchen. They're healthy for your employees. But "Donut Fridays" can cancel out the good stuff pretty quickly. Being healthy means being consistent. And looking at the big picture—mind, body and soul. That's why **AFIS Benefits** connects everything, ensuring that all facets of your company inspire healthy activities and choices.

We call it **a culture of health**.
You'll call it a culture of savings.
See how we do it.



Understanding Your Needs

Our integrated solution is tailored to your company's unique needs, and those of your employees.

To create a culture of health, we first examine what has to improve. What behaviors are costly? What's the level of employee morale? We also consider the cultural context, because what works in California may not in Connecticut. Then we create a customized plan. And because AFIS programs are developed by behavioral science experts and have proven efficacy, you'll be geared for success.

Reduce costs when employees make healthy lifestyle choices.

Learn how. Email us at consult@afis-benefits.com.

Smoking



Drinking



Eating Poorly



Engaging Your Entire Staff

In your culture of health, everyone's engaged and excited. Programs incentivize employees to take action, to feel more alive. A web portal makes it easy to access plans and tips. Extra motivation comes from 'champions', employees who volunteer to support their co-workers in developing healthier choices. Cooperation, team spirit, better habits—they all lead to more getting done.

We do more than help the sick. We inspire people to feel good.

Let us help you. Call (510) 654-6566 today.



Delivering Measurable Results

More exercise and less pizza really does improve the bottom line. You'll see the results in Executive ROI reports. Plus, through events, videos, collateral, and behavior-changing competitions, you'll witness all sorts of positive effects throughout your company.

Empower your employees to get healthy and remain healthy.

Start today by calling (510) 654-6566.

AFIS Benefits & Insurance Services
5858 Horton Street, Suite 350
Emeryville, CA 94608
CA License #0E22508

www.afis-benefits.com



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

We specialize 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. In return, employers see immediate savings with costs shifting to employees who fail to exhibit healthy behaviors.

Bravo Wellness can do it all. Whether you need us to coordinate all the elements of your program or certain components, we give you the road map and take care of the details. Bravo has been on the forefront of the final wellness rules so we know and understand health insurance law, including HIPAA non-discrimination regulations, and we're skilled in wellness regulations for group health plans.

Our Unique Services Include:

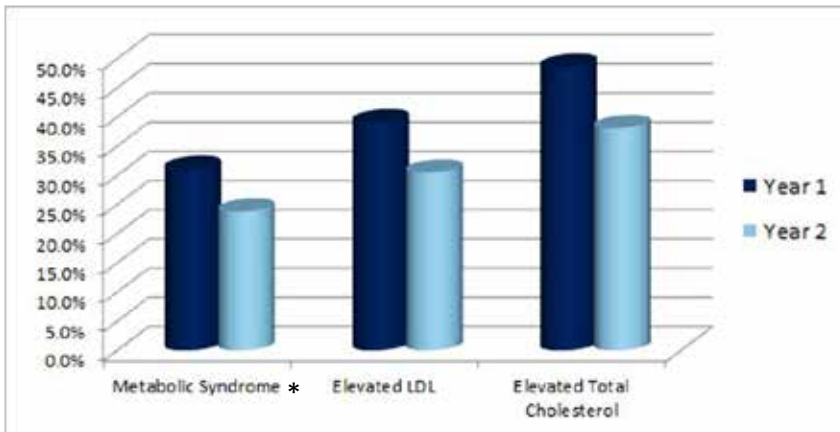
- Expert **consulting** in wellness incentive plan review and designs that are based on your company's culture
- Coordination and **administration** of individual and group biometric screenings through a reputable, preferred provider network of wellness screening partners as well as access to partners for wellness activities, coaching, disease management and care management
- **Communication** tools and support for employees
- Administration of participant **appeals and "reasonable alternatives"** when required because of a medical condition or medical inadvisability
- Advanced incentive **tracking software** for custom exports to payroll and eligibility systems
- Oversight of your program to assure **full compliance** with the Department of Labor's final wellness rules



The Proof of Our Success is in Our Clients' Results!

Rising healthcare costs and the potential financial impact of healthcare reform are leading more employers to engage employees in actively managing their own health. We show results where **success is measured in changed behavior & savings.**

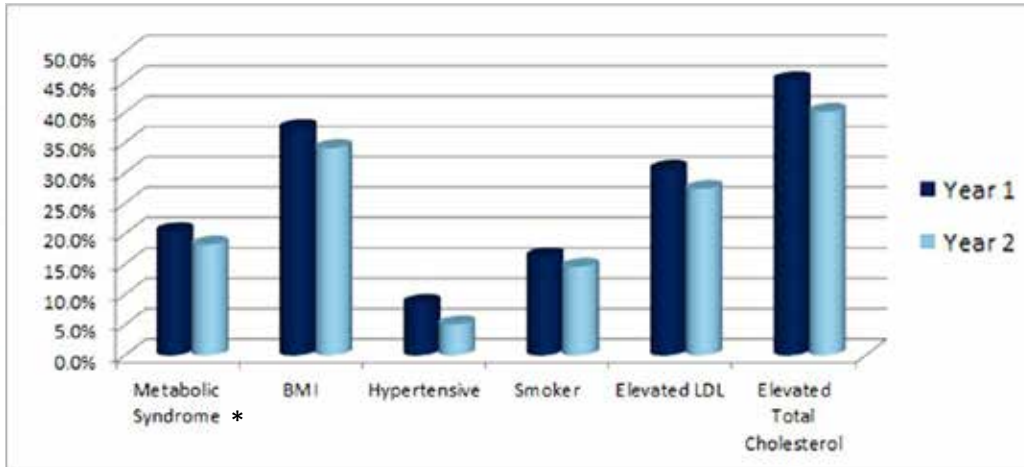
A window and door manufacturer client, with over 1,500 participants, saw improvements in multiple risk areas from Year 1 to Year 2



High blood cholesterol is treated with lifestyle changes and medicines. The main goal of treatment is to lower your low-density lipoprotein (LDL) cholesterol level enough to reduce your risk for coronary heart disease, heart attack, and other related health problems.

(Source: National Institutes of Health)

A hospital system, with over 1,400 participants, saw improvement in their entire elevated criterion



* Metabolic Syndrome is present if you have three or more of the following signs:

- Blood pressure \geq 130/85 mmHg
- Fasting blood sugar (glucose) \geq 110mg/dL
- Large waist circumference (length around the waist)
 - Men- 40 inches or more
 - Women- 35 inches or more
- Low HDL cholesterol
 - Men- under 40mg/dL
 - Women- under 50 mg/dL
- Triglycerides \geq 150 mg/dL

(Source: American Heart Association & the National Heart Lung and Blood Institute)

"Bravo Wellness offered the 'next generation' solution we were looking for to tie results to reward. Bravo assisted us with developing a program that met our needs and efficiently managed the whole process of communication, screenings, appeals and reporting."

- Karen Thompson
Director of Human Resources
Ernie Green Industries



Financial Results

With Bravo Wellness, you'll see an immediate ROI—a **savings of about 6-9% of your current healthcare costs with our standard design**. The savings don't end there. Bravo Wellness clients can expect to **reduce their claims utilization by at least 5%**.

We are **focused on outcomes and achievements**, both for the client and for the participant. Employees are getting healthier and incur fewer claims.

Already Have a Wellness Program?

Bravo Wellness' wholly owned subsidiary, IncentiSoft Solutions, offers compliance expertise, technology and administrative support for your existing wellness strategy. Whether you are a wellness company, insurance carrier, large employer or a third-party administrator, IncentiSoft has a solution to meet your needs.

For more information visit: www.incentisoft.com

incenti\$oftSM
solutions

Want to Know How Much You Can Save?

Our Decision Support Platform will analyze your population based on assumptions and criteria you choose and we will predict how much savings you'll receive in the first year's implementation.

Contact Us Today and Start Saving!

**Bravo Wellness
IncentiSoft Solutions**
36711 American Way, Suite 2F
Avon, OH 44011
877.662.7286
www.bravowell.com
www.incentisoft.com

THE GAMIFICATION REVOLUTION HAS ARRIVED



BSDI announces the **Motivation® Alliance**: a full-featured Health Promotion Web Portal designed using the principles of game mechanics to maximize participant engagement.



Talk to us! (888) 273-4348
Learn More! <http://bsdiweb.com>
Try It! tryme.motivationalliance.com

Let the Games Begin!

What is Gamification?

Gamification is the process of applying game-design thinking to non-game applications to make them more fun and engaging.



Why is It Effective?

BSDI's game design brings exciting new qualities to your program: clear, self-managed goals with an obvious path to success; a deeper, more meaningful context; and a rich social platform. Game design gives recognition to our need for autonomy, "epic meaning," and social connectedness.

What About Health Promotion?

Health Promotion is what we do - gamification is only a tool. All of BSDI's legendary data management tools, our fully validated Wellness Profile HRA/HSA, template-based coaching platform, content management system and amazingly flexible incentive system remain the heart of the portal.

Why BSDI?

With over 20 years in the field, BSDI is a leading health promotion company. Over 150 major clients use our Motivation system including the U.S. Department of Health and Human Services, the U.S. Army and Air Force and a who's who of Fortune 500 clients. We've also served over 3000 other organizations with our Windows-based software.

New Thinking, Classic Values

Engaging Challenges, Level-Ups and Team Success

The Motivation Alliance features Daily and Persistent Challenges in five areas: Athlete for Life (activity tracking), Junk Food Averse (diet), Self Awareness (self assessments), Shared Purpose (social), and Master of Change (biometrics & performance).

Participants can quickly and efficiently record progress or they can explore our rich environment of leaderboards, social media, progress monitors and Kudos. In addition to an overall point score, the site features level-ups (achievement milestones), allies, pacts and a variety of reputation scores gained from Kudos.

We're All In This Together

The Alliance is filled with opportunities to make alliances with other players and to form pacts to complete challenges together. Community members can spontaneously create Team Pacts to pursue accomplishments that require many people to complete.

Be a Part of Something Greater than Yourself

Epic meaning isn't achieved just by getting fit and eating better; we all look for greater meaning in things beyond ourselves. To inspire your participants, the Alliance can be configured so that teams of players compete to benefit a charity. Don't want to take a walk today? Maybe you'll do it if your team - and a Children's Hospital - are counting on you.

Note: Alliance is an optional module for Motivation; the classic user interface is also an option.



Technology at the Cutting Edge

Wellness Profile HRA/HSA

- Fully validated / over half a million HRAs entered
- Integrated Readiness for Change
- Integrated Readiness for Exercise:
 - ACSM or PAR-Q standards
- Health-Related Productivity Loss Instrument
- Risk Stratification using Edington's criteria

Flexible Incentive Programming

- Customizable criteria for awards
- Monitor success & claim prizes online

Online Participant Logs

- Weight Log / Weight Management area
- Biometric Data: external integration or self report
- Activity Logging and Exercise Programming
- Pedometer Log
- Smoking Cessation Program
- Fitness Assessment Review

Online Calendars

Integrated Check-In Station

Mobile and iPad Support

Online enrollment w/ flexible workflow

Template-based Coaching Tools

Targeted Bulk Email

BSDI's Legendary Data Analysis Centers

- Over three dozen online query tools
- Export to all popular formats
- Flexible querying and grouping
- Pivot-grids for dynamic variable entry/analysis

World-Class Security, Reliability and Availability

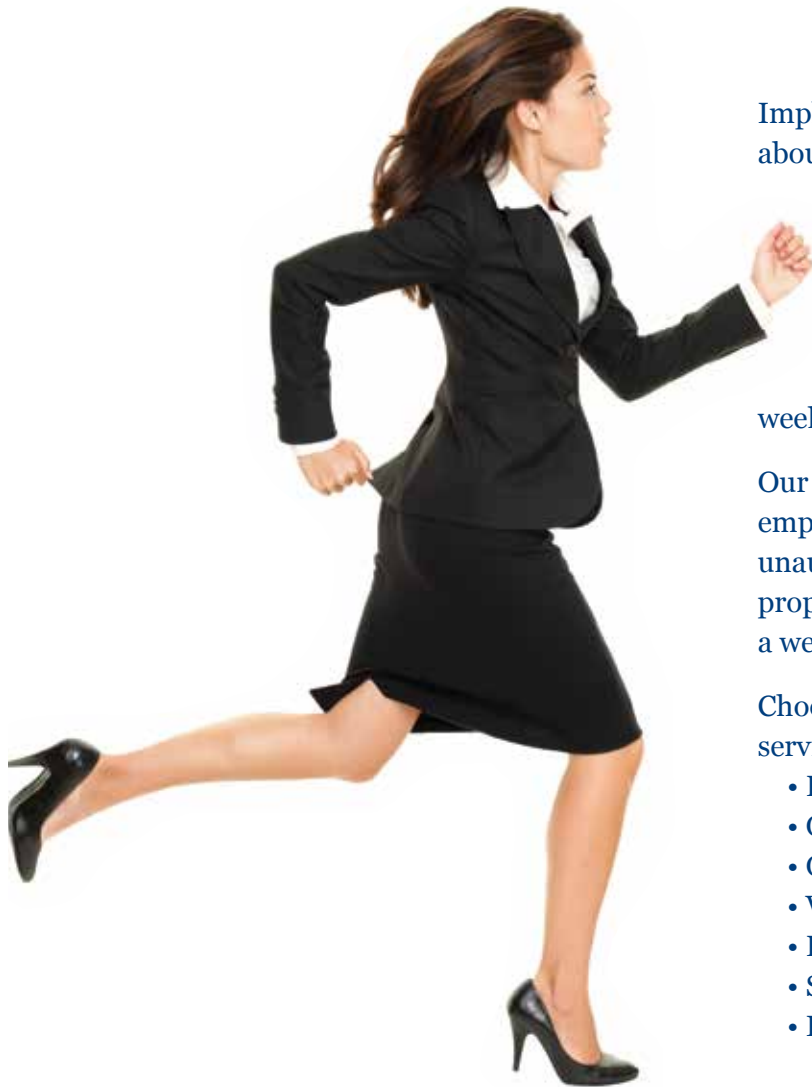
- Sophisticated load-balanced server farm
- Multiple, redundant servers & facilities
- All staff with PHI privileges have
 - U.S. Government security clearances
- HIPAA, HITECH, & GINA Compliant
- Frequent security audits
- Continuous security monitoring



Talk to us! (888) 273-4348
Learn More! <http://bsdweb.com>
Try It! tryme.motivationalliance.com

Corporate Wellness Programs

faster



Implementing a wellness program isn't about talking, it's about DOING.

That's why Midland Health provides on-site biometric screenings with instant data transfer to our analysis center. We know that you and your employees don't want to wait three weeks for test results.

Our secure data system locks in your employees' results, protecting them from unauthorized changes. Couple that with our proprietary incentive system, and you have a wellness program that actually works!

Choose one or all of our comprehensive services:

- Health Risk Appraisals (HRAs)
- Online appointment scheduling
- On-site biometrics and blood testing
- Venipuncture or finger stick
- Health coaching
- Sleep apnea questionnaires
- Flu shots

We provide services for other wellness providers and specialize in working with large companies that have multiple locations. We can even provide programs in different languages.

Midland health™

On Site • Everywhere

midlandhealth.com

800-898-8211 | 262-754-3130

12855 W. Lisbon Road, Suite 200 Brookfield, WI 53005

Better living *Through* better information!

At TRALE, we specialize in building customized health risk assessment (HRA) tools to meet your needs... and we can do it quickly and affordably. In fact, our cost and time to market ranges 50-75% lower than any of our competitors.



Online HRA's

The TRALE Online HRA application can be branded with your look and feel with comprehensive employee and employer reports.



Paper-based HRA's

The TRALE Backpack Portable HRA system is a standalone tool designed to be used in settings such as health fairs. We can brand these with your look and feel and with customized questions.



mybiocheck™
By TRALE



iPad application MyBioCheck™

An easy-to-use biometric health risk assessment application developed specifically for the Apple iPad. MyBioCheck™ is created specifically for screening companies and health coaching organizations. Each participant and the company receives an easy-to-understand REPORT CARD... and who doesn't want better grades?

Please visit www.Trale.com or www.MyBioCheck.com



TOTAL HEALTH MANAGEMENT SOLUTIONS

Club One is a nationally recognized leader in developing award-winning fitness and wellness solutions with proven employee engagement of 50%. Club One works collaboratively with their partners to develop integrated health management solutions that are customized to each partner's goals, size and budget.

Health Management

- Health Risk Assessment
- Biometrics Screenings
- Targeted Risk Intervention
- Incentive Plan Design
- Incentive Tracking
- Workshops
- Health Campaigns
- Activity Challenges
- Health Coaching
- Behavior Modification Tools
- Measurements, Evaluation & Reporting

Fitness & Wellness Programs

- Annual Wellness Calendar
- Incentive Campaigns
- Member Onboarding
- Fitness Assessment
- Personal & Specialty Group Training
- Cutting-edge Group Exercise
- Sports and Recreation
- Activity Clubs
- Special Events
- Energy / Wellness Breaks
- Workstation Evaluations

Facility & Membership Management

- Comprehensive Fitness Center Management
- Design, Procurement & Development
- Marketing Strategy & Support
- Membership Management System
- Member Online Scheduling & Payment
- Staff Management
- Safety Tracking, Procedures & Training
- Comprehensive Operational Standards
- Staff Training & Development
- Equipment, Maintenance & Repair

Contact us for a free program assessment.
wellness@clubone.com | www.ClubOneInc.com



HEALTHY ENGAGED PRODUCTIVE

...your employees.

“Your team members are professional, well-educated and make each person seem as if you are there only for them. You have shown exceptional professionalism and our employees look forward to seeing Health Designs at our annual health screenings each Fall. Our program would not be at the level it is today without your guidance, knowledge and passion for wellness. Together, we have built a culture of wellness at the PGA Tour.”

Martha Braddock | Manager Employee Benefits
PGA Tour | Client for 10 years

“Working with Health Designs is more convenient for our employees than having to participate in assessments through our occupational health services clinic. The ease of obtaining critical health information in one stop allows our employees a valuable opportunity to assess their overall well being, while being motivated to set health improvement goals.”

Michelle Altilio | HR Manager
Jason Inc. | New client location

“Since 2003 Health Designs has assisted Blue Cross and Blue Shield of Florida, Inc. in developing a Health Promotion program. Today, our program is recognized nationally with awards from the American Heart Association and National Council of Quality Assurance. Health Designs plays an integral role in our success!”

Susan E. Lee | Director of Health Promotion & Wellness
BlueCross Blue Shield Florida | Client for nine years



We support companies with those foundational components that drive strong wellness programs —

- **Engaging health assessments, both online and paper**
- **Well-designed biometric screenings at one location or many**
- **Individual wellness coaching for all participants, not just high risk**
- **Propriety planning that results in high participation**

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

Using these strategies Health Designs has supported over 300 companies in becoming healthier workplaces that encourage personal health engagement and empowerment. Many of our clients have earned WELCOA's Well Workplace Awards.

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. That translates into greater productivity, lower health costs and a more robust bottom line for your business.

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 love what we do!**

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



Healthier Employees. Healthier Results.

METHODIST WELLNESS SERVICES



Well Managed Diabetes Program

Just like many other large organizations, The Methodist Hospital System is faced with population health challenges and rising health-care costs to provide health care for its 12,000+ employees working in five hospitals.

At Methodist, we truly believe that our people are our greatest asset. We believe that healthy, productive and satisfied employees are integral to our ICARE values, service pride standards and our economic viability. Just like many other large organizations, The Methodist Hospital System (TMHS) is faced with population health challenges and rising health-care costs to provide health care for its 12,000+ employees working in five hospitals.

Methodist has provided a comprehensive employee wellness program since the early 1980s and in 2005 transitioned to the Health and Productivity Management Model focusing on developing goals and objectives that focus on outcomes. By tracking results in individual programs and using those to apply continual program improvements, we can measure program success as well as the effect on health, productivity and quality of life. Additionally, by focusing outcomes on population health improvement, risk reduction and cost containment; we can continually measure our success in creating a culture of wellness within The Methodist Hospital System that impacts bottom line results. We also strongly believe that healthy and productive employees are instrumental in achieving strategic organizational goals in the areas of quality, safety, productivity, employee satisfaction, patient satisfaction and financial viability.

The Methodist Hospital System in Houston, Texas is ranked No.17 among FORTUNE magazine's 2010 "100 Best Companies to Work for," making the list for the fifth year in a row and remaining the highest ranked healthcare organization in the country.

Methodist[®] The Methodist
Hospital[™]

Wellness Services

LEADING MEDICINE[®]

Today our nation faces an aging workforce whose health continues to decline and the prevalence of chronic medical conditions continues to rise. According to the Center for Disease Control (CDC), 8.3% of the U.S. population has diabetes (25.8 million people). The CDC estimates that an additional 79 million American adults aged 20 years or older have prediabetes based on fasting glucose and HbA1c levels. Diabetes is a major cause of heart disease and stroke and is the seventh leading cause of death in the United States.

Typical of both national and state trends, the prevalence of Type 2 Diabetes is increasing in the TMHS workforce. Data from a biometric health screening and Personal Wellness Profile (PWP) conducted in the fall of 2010 revealed the 9% of the 9,622 employees screened have diabetes. An additional 11% have high glucose levels (100+ fasting, 140+ non-fasting) indicating they could be prediabetic. A review of claims data for 2009 indicates that \$17 million was spent on approximately 1,100 employees with diabetes. According to a recent study by the Institute for Alternative Futures, Texas is listed number two as a “diabetes hot spot” and is expected to carry a significant economic burden of this epidemic.

In order to address the increased prevalence of diabetes within the employee population, the Methodist Employee Wellness Team created the *Well Managed Diabetes Program* in 2008. This program is available to all employees and their spouses who have been diagnosed with diabetes or are prediabetic, as well as those who are undiagnosed but have high HbA1c levels.

WELL MANAGED DIABETES PROGRAM GOALS

- Support employees living with diabetes to follow the *Standards of Care* recommendations of the American Association of Clinical Endocrinologists (AACE)
- Provide wellness coaching to improve wellness skills and healthy lifestyle behavior changes
- Screen employees to identify those who may have diabetes and encourage them to seek physician advice
- Provide early intervention to employees who have elevated blood glucose levels (prediabetes) to assist with lifestyle behavior changes to prevent the onset of Type 2 Diabetes
- Reduce risk migration of employees with diabetes
- Control health care costs by partnering with employees on diabetes self management

Early identification and intervention with weight loss and better nutrition have been shown to slow the progression of diabetes and to delay the progression from prediabetes to diabetes. Since diabetes is a chronic condition that responds well to diligent, consistent lifestyle interventions, the program seeks to fill the gap between physicians, diabetes educators, disease managers and employees who are living with diabetes and to help employees with prediabetes avoid or delay the onset of diabetes. The program provides specialized wellness coaching to enhance self efficacy, self esteem, knowledge and skills, and to develop goals and evaluate progress. Coaching assists employees in making healthy lifestyle changes and completing AACE’s diabetes Standards of Care.

Methodist Wellness Services *Well Managed Diabetes Program* is a targeted intervention. The Methodist Employee Wellness team reaches out to employees who self-identify as having diabetes on a biometric health screening and health risk assessment (PWP) or who have high blood glucose readings at recurring blood glucose screenings that are offered at work. Employees may also self-refer into the program. The team also partners with our health care provider to have employees in the Diabetes Disease Management Program referred to the *Well Managed Diabetes Program* for additional assistance. In addition, the Nurse Line is also primed to refer TMHS employees who call regarding high glucose levels or diabetes to the *Well Managed Diabetes Program*.

For people working in health care, being diagnosed with diabetes may be received as an indictment of their professional competence. Diabetes educators at the hospital report that they are often approached by co-workers seeking information and advice in confidence. Many employees with diabetes do not share their diagnosis with coworkers. Knowing this, the *Well Managed Diabetes Program* team sought to respect employee confidentiality by communicating with potential participants via information mailed to their homes or by e-mail. Any employee/spouse whose name is added to the *Well Managed* mailing list receives monthly educational information regarding diabetes and self management. These participants are considered to be passive participants in the *Well Managed Diabetes Program* and may opt to discontinue receiving this material by contacting Employee Wellness. Employees/spouses who choose to meet face-to-face with a Well Managed Partner are considered to be active participants.

Well Managed Diabetes Program

OUTCOMES

OVERALL

- 866 diabetic employees identified through PWP and targeted for participation
- 20% of targeted population actively participating in monthly *Well Managed* Diabetes Management Program
- 46% of participants completed the AACE's *Diabetes Standards of Care*
- 866 employees receiving monthly educational mailings



WEIGHT

- Total weight lost: 228.4 lbs.
- Average weight loss in pounds per person: 3.2 lbs.
- 31% of participants decreased their BMI
- 3% participants decreased their risk category from high to normal (Pre BMI ≥ 25 and post BMI < 25)



BLOOD PRESSURE

- 43% of participants have blood pressure $< 140/90$
- 51% of participants have blood pressure $< 120/80$
- 6% of participants have blood pressure $> 140/90$

BLOOD GLUCOSE LEVELS

- 27% of participants decreased their glucose levels
- 1% of participants decreased their risk from high to normal (pre-glucose ≥ 150 and post-glucose < 100)

MASTERY SKILL LIST

- 66% of participants improved their Diabetes Management Mastery skills

ANNUAL LIPID PROFILE

Total cholesterol

- 29% of participants improved their total cholesterol levels
- 10% of participants decreased their risk (pre-total cholesterol > 200 and post total cholesterol < 200)

LDL

- 27% of participants improved their LDL levels
- 8% of participants decreased their risk (Pre LDL > 100 and post LDL < 100)

HDL

- 34% of participants improved their HDL levels
- 5% of participants decreased their risk (Pre HDL Male < 40 , Female < 50 and post HDL Male > 40 , Female > 50)

TRIGLYCERIDES

- 42% of participants improved their triglyceride levels
- 7% of participants decreased their risk (Pre triglycerides > 150 and post triglycerides < 150)

QUARTERLY HbA1c LEVELS

- 94% of participants had their HbA1c level checked by staff a minimum of twice
- 29% decreased their HbA1c levels
- Average number of HbA1c points decreased = 1.4

UPON PROGRAM COMPLETION

- 48% of participants have an HbA1c < 6.5
- 52% of participants have a HbA1c > 6.5
- 9% participants decreased their risk (Pre HbA1c > 6.5 and post HbA1c $< \text{equal } 6.5$)

The *Well Managed* Diabetes Program team quickly learned that “typical” does not exist when it comes to participants who have diabetes. Some are newly-diagnosed while others have lived with diabetes for years. Some are very well-informed while others are confused, even misinformed. Some are in denial about their diagnosis while others are open and curious. Some work closely with their health care providers, while others fail to seek the medical monitoring they need. Crafting a program that will meet the varying needs of such a diverse group demands reflection, analysis and flexibility.

The database includes about 866 employees who had reported on their PWP that they have diabetes. They received a monthly newsletter mailed to their homes with an invitation to “partner” with a Well Managed health coach for monthly meetings at work. These monthly face-to-face meetings represent another level of participation. Employees may choose to meet with their Well Managed Partner as often as weekly or as little as quarterly. This recognizes the fact that individuals vary in both their need and their readiness

to make significant lifestyle changes that will improve their health and well being. It is expected that participants will continue in the program from year to year. For employees who do not wish to meet with a Well Managed Partner, there is an option to complete the Standards of Care on their own and submit a written report to the program. Incentives are offered for all levels of participation.

Employees who participate in both the face-to-face meetings and the written documentation of completion of the diabetes Standards of Care receive double incentives. Employees can choose a \$30 Kroger gift card, a 60-minute massage, four movie tickets or four personal training sessions as their reward. The Employee Wellness Team encourages participants who have made lifestyle changes and are managing their Diabetes to share their success stories. This has motivated other employees to join the *Well Managed* Diabetes Program and improve their health and well-being.

In 2009, the *Well Managed* Diabetes Program used the Lean Six Sigma methodology to identify ways to improve the program. The team chose the recruitment of new participants as a significant process in need of improvement. By adding frequent, recurring screenings at convenient times and in strategic locations, the number of participants increased to 866 by the beginning of 2011. This number represents 9% of the 9,622 TMHS employees who had completed a PWP by the end of 2010.

The *Well Managed* Diabetes Program includes:

- 8-12 sessions with a Wellness Coach
- Monthly weight and blood pressure checks
- Monthly in-person education sessions
- Annual lipid and glucose assessment
- Four HbA1c screenings (pre and post)
- Monthly educational mailings, whether enrolled or not
- Diabetes management skills list (pre and post)
- Quality of life assessment (pre and post)

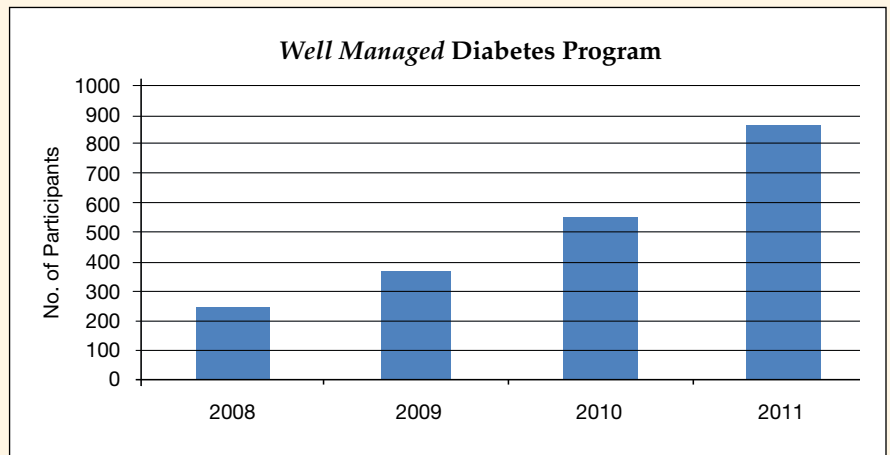
For more information, call 713-441-5525 or go to methodistcorporatewellness.com



Wellness Services

LEADING MEDICINE®

The Well Managed Partners are dietitians and certified wellness coaches who are familiar with the Standards of Care as well as nutrition, exercise and stress management and their impact on health and well being.





**MIDTOWN
HEALTH[®]**

Delivering Healthy Results

Midtown Health (formerly known as 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, & 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 and to have an amenity of which you can be proud that operates at maximum efficiency.
- Midtown Health 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 have already 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@midtownhealth.com

Visit us at midtownhealth.com

**MIDTOWN
HEALTH®**
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Finally.



Corporate Wellness **Simplified.**

PARTICIPATION:

Bottom line . . . Wellness Jackpot will skyrocket your participation and morale . . . or we'll pay you back

Wellness Programs without great participation are a drag. The Wellness Jackpot Program pulls all of your wellness and safety initiatives into one simple to administer, exciting, morale boosting campaign. Let it become the glue that holds everything together. We already know how well it works, so.....if you don't get the results you want, we will actually give you all of your money back. Crazy? We don't think so!

SIMPLE TO ADMINISTER:

Our online version offers the simplicity to deliver wellness, gamecards, and incentives quickly with the click of a mouse. We also offer a non-web based option for those interested.



www.wellnessjackpot.com/wcad12

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SMALL or NO BUDGET?

No problem.

Maybe your wellness budget has been tightened or even taken away in this economy. We can help you overcome this obstacle. Wellness Jackpot has programs that start as low as \$3 a month per employee. If you have NO budget, our 100% money back guarantee will certainly help you move forward.



FLEXIBLE INCENTIVES

Use whatever carrot you wish

The Wellness Jackpot gamecard system works with any existing incentives you may be currently offering... Or use our brand-name merchandise catalog option and have us do all of the work for you.

We pioneered this unique gamecard concept over two decades ago in the field of workplace safety. This approach has proven to be far more successful than traditional “dangle the carrot” type programs where the reward alone is expected to drive results. Our ability to gain superior participation, team involvement, employee interaction and awareness is un-paralleled. Wellness Jackpot also includes major national drawings offering jackpot rewards up to \$1,000,000!



WELLNESS AWARENESS

Promotion, Education “Plug-ins”

Pick and choose from a variety of easy to administer Wellness tracking, promotion and educational tools. With the click of a mouse, you can send Wellness quizzes, HRA's, and health tracking systems to employees instantly. The incentives can even be delivered automatically. Easy!



PROVEN SUCCESS:

make the safe decision

Whether you are a multinational corporation or a small shop, have employees in the office or out in the plant, this unique gamecard concept has proven success.

Thousands of our clients have added millions to their bottom line. After all, we have been doing this for 60 years. We invite you to join us in “rubbing out health care costs” with the easiest to administer, most exciting wellness program in the world.

“The amount of exercise required to earn a gamecard is just right”. I think people have stayed motivated longer with Wellness Jackpot than any of the previous programs we have run”.

—Verne Uvodich-Glenn, Westlake Middle School

“We have achieved a 70% participation rate in our HRA by incorporating the Wellness Jackpot cards as the incentive piece”.

—Shari Souza, Midland Information Resources

“We have achieved a 50% success rate with our employees who have signed up for our smoking cessation program that have quit smoking”

—PHE Inc.

Call us today: 800-806-0790



Hilton



American Red Cross

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Trek is a registered trademark of Trek Bicycle Corporation.

THE NATION'S PREMIER RESOURCE FOR
WORKSITE WELLNESS FOR OVER 25 YEARS

WELCOA Membership

Providing Solutions To Over 4,000 Organizations



WELCOA Membership Will Move Your Program From Activity-Centered To Results-Oriented.

WELCOA's Member Benefits are designed to provide you with the tools, information, and resources necessary to better contain costs, improve employee health, and increase participation.



For more information on WELCOA Membership, go to:
www.welcoa.org/member/benefits.php

WANT TO DELIVER YOUR PROGRAM YOUR WAY?

wilo gets that.

You need to be in the driver's seat to make unique wellness programs that keep you at the front of the pack.

Create your own unique programs and add your own content for free using the designer toolset.

Enjoy full control over health assessments, biometric management, education, workplace wellness challenges, self-help programs, coach facilitation, surveys and more.



TIRED OF SPENDING BIG PROGRAMMING \$ BUCKS EVERY TIME YOU NEED A CHANGE?

wilo gets that.

**You need configurability
in your hands so you
control every expense.**

Implement your complete
wellness strategy in WiLO.
Your strategy, your way.
No extra cost.

Whenever you want to add or
adapt your program, it's free.

Tailor to your clients without
extra costs.

WiLO saves HUGE money
over a 'build it yourself'
solution. More power. Less
price.



You need software that can do the 'hand-stand, touch your nose with your toes' pose.

WiLO eliminates your technology problems so that you can do what you do best.

In today's global world, you need to adapt to match unique cultures and corporations. WiLO is ready.

World class customers often have VERY specific branding requirements. Let WiLO exceed their expectations.

Unlimited hierarchy of companies, regions, divisions, offices, departments...

FRUSTRATED WITH YOUR WELLNESS PLATFORM LIMITATIONS?

wilo gets that.



MEET

winlo

**WHY AREN'T YOU
ON OUR SITE YET?**

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Healthy Challenges

▶ **WALKING & ACTIVITY**

▶ **WEIGHT & NUTRITION**

▶ **STRESS & SLEEP**

extracon.com



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**



extracon.com

Our Past



You probably know us as
“The Gym Discount Company.”

Sure, we’ve saved your employees
over \$10 million on their gym
memberships since 1992.

But today we are
so much more...



“ Monday morning, everyone rushes to the office and brings up GlobalFit [dotcom] to see how many steps they got over the weekend.”

Penn National Insurance Employee | Destination: You participant



“ This program has exceeded our wildest expectations. We’ve had to reorder Trackers twice. We ordered 18,000 and we’ve handed out most of those.”

Catherine Winn | VP Human Resources, Total Compensation | Allstate

Our Present



DESTINATION: YOU

It works because it's SIMPLE, ACCURATE, MOTIVATING, & FUN!

Traditional wellness programs have made little impact on the overall health and culture of an organization...until now. Destination: You, the gold-standard of physical activity programs, has garnered praise from clients large and small for exceptionally high participation and retention rates.

- Get more people involved
50-85% engagement rates
- Keep more people involved
75% retention rate
- Get measurable results
- Easy to administer
- Surprisingly affordable



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“Our participants lost an average of 8 pounds per person.”

Colleen Forte | Recruiter & Human Resources | Inspirational Ministries

“Nearly two-thirds of our population keeps active every day with Destination: You.”

Robert Joswick | Director, Compensation & Benefits | Penn National Insurance

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Make a difference

Increased physical activity has the power to improve employee health and decrease health care costs. With GlobalFit, companies get 50-75% of their employees moving more!

Programs for every budget



Our gateway product designed to motivate your employees to make physical activity a part of their daily lives.



Our gold-standard physical activity program.

And yes, we still offer our exclusive GlobalFit Gym Network. Your employees will receive our Lowest-Price Guarantee at over 10,000 gyms in North America.

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“ I had some blood pressure and cholesterol issues which have significantly dropped since starting with Destination: You.”

Penn National Insurance Employee | Destination: You participant



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 biometric screening 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

(248) 416-1602

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





“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
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The Center for Workforce Health *Difference*

The Center for Workforce Health specializes in online health and wellness programs for the workplace — all designed to take advantage of the high-speed/high-volume capabilities of the broadband environment.

Why keep your workforce stuck in the “click-and-read” era when you can provide them with the engaging, behavior-changing experience of dynamic, media-rich online programs.

Our health scientists and technology specialists have joined together to create an innovative set of online programs — science-based, conceptually sound and empirically tested — that can raise productivity and reduce healthcare costs.



Media-Rich

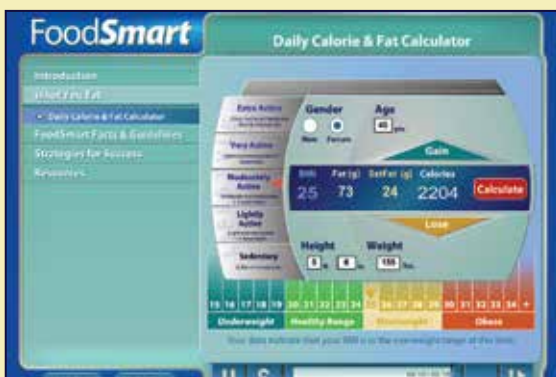
Broadband connections allow us to build programs that go beyond dry “text-on-the-web” to provide engaging video, audio and graphics, optimizing appeal and reinforcing behavior change. For example, all of our programs are flash-based and completely audio-narrated, so the user is easily guided through the program.

Proven Effective

Today’s broadband connections allow us to build programs that provide engaging video, audio and graphics, optimizing appeal and reinforcing behavior change. These



media-rich programs result in expanded user rates, higher user satisfaction and greater improvements in health behavior.



Empirically Tested

Supported by more than \$15 million in NIH grants, all CWH programs are tested in workplaces, typically in randomized trials. Only after such rigorous evaluation are our programs released for use in workplaces.

Center for Workforce Health Online Multimedia Programs



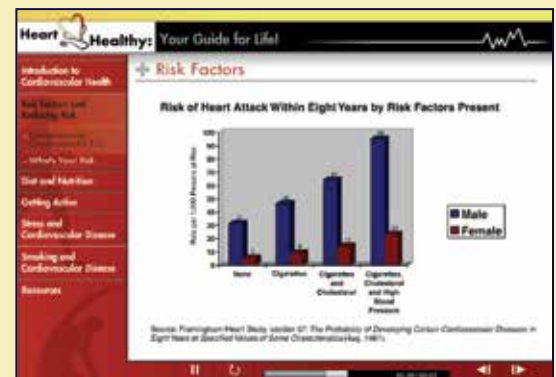
The Health Connection Contains comprehensive programs on Fitness, Weight Management, Stress Management, Nutrition and Substance Use. All programs are fully audio-narrated with assessments, interactive elements and video segments designed to improve behavior change skills and boost self-efficacy. Substance use material is imbedded in the Stress Management program.

Life Steps A nine-segment program promoting adherence to prescribed medications, based on a cognitive-behavioral program developed at Harvard, this program includes modules

on Coping with Side Effects, Cue Control Strategies and Handling Slips. Developed specifically for HIV medications, Life Steps can be adapted to a wide variety of chronic illnesses.

Heart Healthy This cardiovascular risk reduction program contains segments on Cardiovascular Health and Risk Assessment, as well as comprehensive modules on Healthy Eating, Smoking Cessation, Stress Management and Physical Fitness.

Going Forward A substance abuse relapse prevention program based on a cognitive behavioral program developed at Yale, this program contains eight modules, including Coping with Craving, How to Say No and If You Slip.



Smart Rx A multimedia guide to safe use of psychotherapeutic prescription drugs, including modules on Drug Use Assessment, Medication Facts, Smart Rx Use and Alternatives to Medication.

Healthy Past 50 A health promotion program developed specifically for older adults, containing modules on Myths About Aging, Your Health Profile, Healthy Eating, Smoking Cessation, Stress Management and Physical Fitness — all oriented toward the special needs and preferences of adults.

Stress and Mood Management Contains segments on Stress Management, Managing Depression, Managing Anxiety, and Treatments that Work. All segments fully audio-narrated with interactive assessments and video segments of people who have successfully addressed problems of stress, depression and anxiety.

Additional CWH Programs In addition to the above programs, we have other media-rich, workplace-tested programs on CD-ROM and DVD, as well as multiple online programs in development. To learn more about these products, please visit our website at www.centerforworkforcehealth.com.



Rigorous Outcome Studies Confirm Program Effectiveness

All of the web-based programs have been rigorously tested in NIH-supported randomized trials in workplaces throughout the country. These studies have demonstrated significant improvements in the following health outcomes:

- Improved dietary attitudes and practices
- Improved frequency of physical activity
- Reduced levels of stress
- Increased medication adherence
- Reduced misuse of alcohol and drugs
- Improvements in knowledge about depression and anxiety
- Increased positive attitude toward seeking treatment for depression and anxiety
- Reductions in unsafe sexual practices
- Increased parental ability to address children's mental health issues

These effects have been documented in numerous published papers by CWH health scientists in peer-reviewed publications:

- **A Field Test of a Web-Based Workplace Health Promotion Program to Improve Dietary Practices, Reduce Stress, and Increase Physical Activity: Randomized Controlled Trial.** Cook, Billings, Hersch, Back & Hendrickson. Published in the Journal of Medical Internet Research, V.9, 2007.
- **Adherence in Internet Interventions Aimed at Diet, Exercise, Stress and Mood.** Cook, R.F., Billings, D. & Hendrickson, A. (2006). Presented at 11th World Congress on Internet in Medicine, Toronto, Canada, 2006.
- **A Web-Based Approach to Managing Stress and Mood Disorders in the Workforce.** Billings, Cook, Hendrickson & Dove. Published in the Journal of Occupational and Environmental Medicine, 50:960-968, 2008.
- **A Web-Based Mental Health Program: Reaching Parents at Work.** Deitz, Cook, Billings & Hendrickson. Published in Journal of Pediatric Psychology, 34(5):488-494, 2009.
- **A Field Test of a Web-based Cardiovascular Risk Reduction Program.** Deitz, D. Final Report: National Heart, Lung and Blood Institute, Bethesda, MD, November, 2010.
- **Preventing Prescription Drug Misuse: Field Test of the Web-Based Smart Rx Program.** Deitz, Cook & Hendrickson. Substance Use and Misuse, 46:678-686, 2011.
- **A Field Test of a Web-based Substance Abuse Prevention Training Program for Health Promotion Professionals.** McPherson T, Cook RF, Hersch R, Back AS, Hendrickson A American Journal of Health Promotion. 20(6):396-400, 2006.

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.



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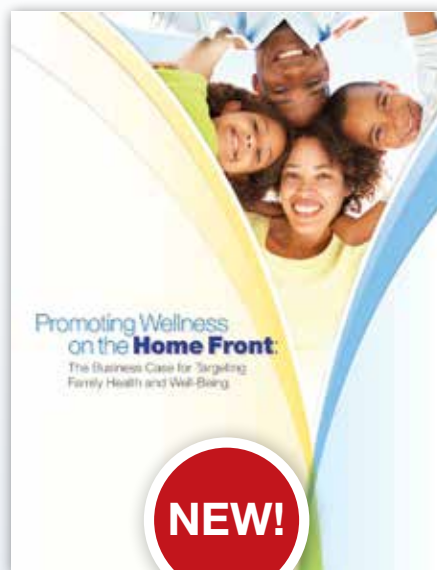
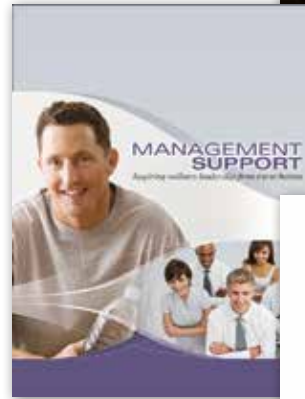
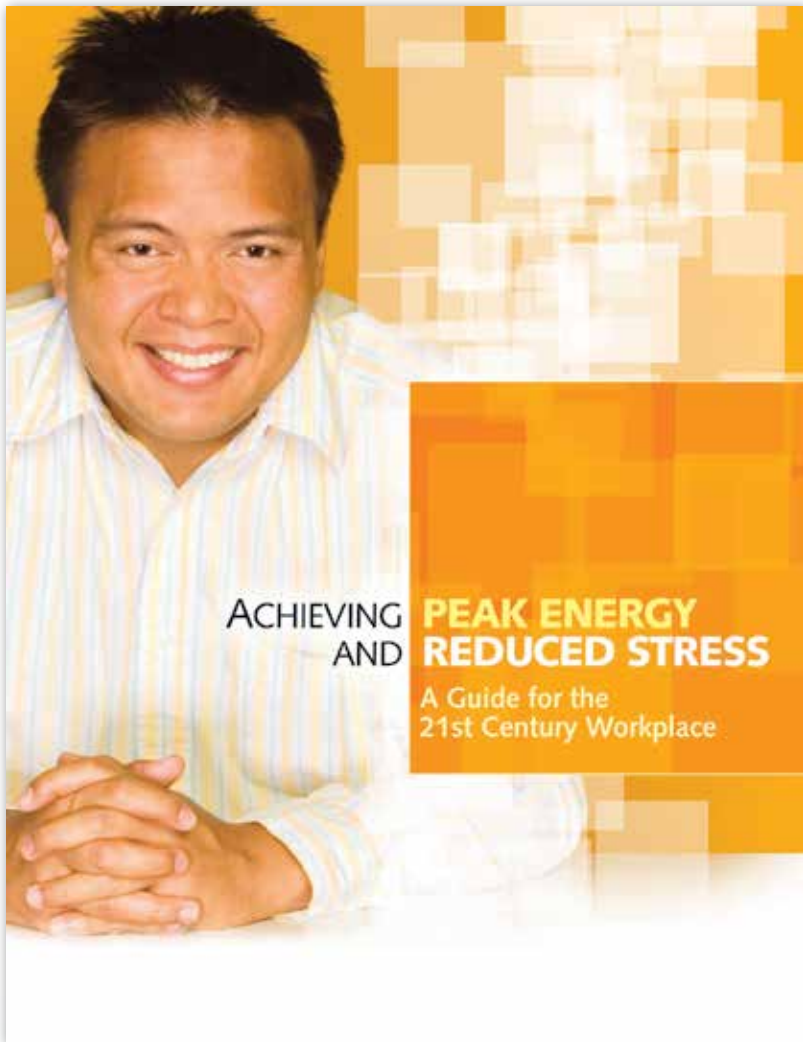
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Provant Health® Solutions, LLC

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Web: www.summithealth.com



Wellness at Work.



YEAR LONG ACCESS

MOTIVATING WORKOUT VIDEOS

MAKING WELLNESS LOCAL

HEALTH ARTICLES

TEAM CHALLENGES

FOOD TRACKER & RECIPES

MILESTONE REPORTS

FITNESS PLANS

INCENTIVES

MEASURED OUTCOMES

ON-THE-GO MOBILE

PERSONAL GOAL TRACKERS

PEER-TO-PEER CONNECTIVITY

COMPANY-BRANDED PORTAL

WHY DOES LIVE HEALTHY AMERICA WORK?

The power, accessibility and ease of the Internet to log and track progress...combined with the spirit of **TEAM WORK**...and a small dose of **FRIENDLY COMPETITION**...plus prizes and incentives to keep teams motivated...make Live Healthy America an inspirational, fun and easy way for participants to get healthy and make positive choices to change their lives!





Wellness **that** Works.



Meredith Corporation

2011 recipient of the Platinum Level Well Workplace Award.



Out of 610 companies participating in the 2011 Live Healthy program, Meredith led all companies in employee percentage of participation—and finished 2nd overall in activity minutes and 3rd overall in weight loss. Also noteworthy, in the same campaign in 2010, Meredith employees lost nearly

5,000 pounds and donated a meal to the local food pantry for every pound lost. That's over two tons of food! Live Healthy Meredith is part of the national program, Live Healthy America, which has a goal to increase awareness of obesity and associated conditions, and to provide the tools, resources, and technology to assist individuals, organizations, and corporations in creating a culture of wellness. At Meredith, the campaign is an 8-week, teamwork-driven program designed to motivate and teach individuals and organizations how to make positive and lasting changes and achieve a healthy lifestyle through increased physical activity, improved diet and weight loss. By competing, participants begin to form healthy habits through physical activity and improved nutrition. As shown in figure A, over 70% of Meredith's workforce participated in the weight loss activity program in 2011. In eight weeks, participating employees lost a combined total of 6,000 pounds, making the 2011 weight loss challenge the most successful Meredith wellness campaign yet.

What Meredith Employees are saying...

“Meredith is an impressive example of what companies can do to reduce costs when they commit to providing much needed health management to their employees.”

Live Healthy Meredith

	2007	2008	2009	2010	2011	Total
Number of Participants	449	910	841	1,618	2,152	5,970
Number of Teams	92	131	132	275	393	1,023
Total Activity Minutes (in millions)	1.1	2.8	2.4	3.8	4.6	14.7
Total Weight Loss (in pounds)	2,715	3,993	3,236	4,923	6,021	20,888


Figure A



Live Healthy is:

Turnkey | Practical | User Friendly | Affordable | Tailored
Data Driven | Social | Engaging | **FUN**

What Live Healthy Participants are saying...



“Live Healthy gave me the push I needed to set my goal to run my first 5k!”

“Live Healthy brought together a support group at the office that really held me accountable!”

“I loved competing against our other offices and departments! It made the program more fun!”



“Live Healthy help me raise my awareness, provided a push to get moving and rethinking my food choices!”

“Although I try to live a very healthy lifestyle -- these types of challenges always helps me take it up a notch and try new activities.”



Wellness **designed for you.**



Call or email Live Healthy America today to request a web demo!
888.282.0822 | info@livehealthyamerica.org

“My coach makes me
feel good about myself.”

She educates, encourages & never judges. I have lost 83 pounds and a total of 55 inches!

Michelle B., Chattanooga, TN

It's all about me.



“My **secret weapon** is a food journal and portion control.”

The **Liveon** health portal gives me all the tools and trackers I need to tackle my health issues – how I want, when I want.

Darius G., Spring Hill, TN

It's all about me.



“My cigarette **craving is gone.**
For over 18 months...gone!”

I was skeptical and stubborn, but my coach was a real person who was always there for me online, on the phone, at work and at home.

Ruth P., Charlotte, NC

It's all about me.



We know there's no one-size-fits-all solution.

But there's one solution that fits you.

We create a personal plan for everyone we work with. Whether you're a client organization or a participant in our wellness programs, we listen to your needs and give you tailored feedback that's all about you.

It's all about the positive living experience. Onlife Health's products and services are designed to plan, engage, measure, motivate and sustain, all with a focus on what works best for your organization and each individual in it. Your organization is unique, and your wellness strategy should be too.

plan

program design and management
healthy worksite consultation
integration capabilities

engage

client engagement website
incentive solutions
health challenges

sustain engagement

dedicated coaching
self-directed programs
health portal
phone trackers

motivate

health assessment
biometric screenings
worksite coaching events

measure

data flow and stratification
reporting proven outcomes



Results. It's about time.



Finally, a wellness program that focuses on outcomes, before it even begins.

Yes, we help employees reduce their health risks, so they can lead more fulfilling lives – personally and professionally. Wellness is what we do and we're really good at it. We know that organizations want a wellness partner who provides a range of services and accountability, and motivates robust participation. Strong employee engagement drives the program; it is the best way to decrease health risks and medical costs over time.

We provide all of this and more at Provant Health Solutions: The best service in the workplace wellness industry – backed by a team of knowledgeable and passionate experts who deliver customized and scalable strategies and services for organizations across North America.

Welcome to a new kind of wellness partner.
Welcome to Provant Health Solutions.

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

Let's connect. connect@provanthealth.com

Let's start planning. provanthealth.com/request_proposal



We build cultures of health.

Partnership.

It's personal.



When you partner with Provant, you get the most personalized workplace wellness experience you can imagine.

- Through extensive interviews and observation, we establish a baseline profile for your organization.
- You share with us your thoughts and ideas about your culture of health: what you want it to be, how you want it to develop, and what you hope to accomplish.
- From our comprehensive selection of services, we design a program that addresses your goals and explains what you can expect in terms of results and return on investment.



- Our team becomes your team, implementing and managing your program at every step – customized communications to elevate awareness; medical director oversight to ensure clinical accuracy; health coaches identifying referral opportunities for existing benefits; and ongoing refinement to optimize program success.

By working together, we help your organization and people enjoy all the benefits of a successful workplace wellness program: better health, a shared mindset of success, a renewed sense of balance, and greater control over healthcare costs.

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

Let's connect. connect@provanhealth.com

Let's start planning. provanhealth.com/request_proposal

provant
HEALTH SOLUTIONS 

We build cultures of health.



Success. Measured by outcomes.



We measure success by outcomes, so everyone wins.

Our comprehensive engagement programs not only measure participation in wellness activities, but, more importantly, health outcomes. We track individual health behavior changes, and company-wide health risk migration. And we share aggregate data so you can know employees' major health risks and design future wellness programs to address them.

You understand how reductions in health risks and the improved wellness quotient of your workforce delivers indirect and direct savings to your investment. Employees understand the benefits of adopting a healthier lifestyle. Everyone wins.

We provide peace of mind.

Our worksite wellness program tracking and reporting is fully compliant with HIPAA, ERISA, GINA, and HITECH regulations, and the new health care reform requirements. You can trust that your organization's program will be administered with expertise.

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

Let's connect. connect@provanhealth.com

Let's start planning. provanhealth.com/request_proposal



We build cultures of health.

Finally A **PAY FOR PERFORMANCE** Wellness Program

Pay For Per-for-mance /guarantee/

An arrangement under which providers are rewarded for meeting pre-established targets for delivery of wellness services.



Virtual Wellness & Weight Loss for Companies

Underlying health issues are to blame for conditions that lead to high insurance costs and low productivity. We help your employees break the cycle of poor health with a custom wellness program. **Results guaranteed.**



One on One Coaching

Each employee gets a dedicated wellness coach to walk them step by step throughout the program.



Custom Supplements

Each participant gets a supplement regimen specific to their unique health challenges.



Whole Organic Food

Food is the key to good health which is why we teach people to shop for and eat foods that fuel their body.



Online Portal

Employees utilize their personal online portal to monitor daily food intake as well as health data.



Education

Employees learn how their health got out of control and the steps necessary to maintain their new found vitality.



Medical Supervision

All of this is delivered under the safe, watchful eye of our medical team .



Employees

- ✓ 90% lose 15+ pounds in 3 weeks
- ✓ 95% report more energy, increased motivation, better sleep, clear thoughts, decreased medications, lower blood pressure and cholesterol, stable blood sugar and more.

Employers

- ✓ Reduced risk factors
- ✓ Savings on insurance premiums and claims
- ✓ Positive ROI
- ✓ Improved company culture and productivity

The Numbers

- ✓ Risk factors decrease 38% or more
- ✓ 0% insurance rate increases
- ✓ 300% ROI (\$3/dollar spent)
- ✓ Happy, energized, motivated, productive employees - \$(your call)

Download a full case study at
www.pureproactive.com/wel

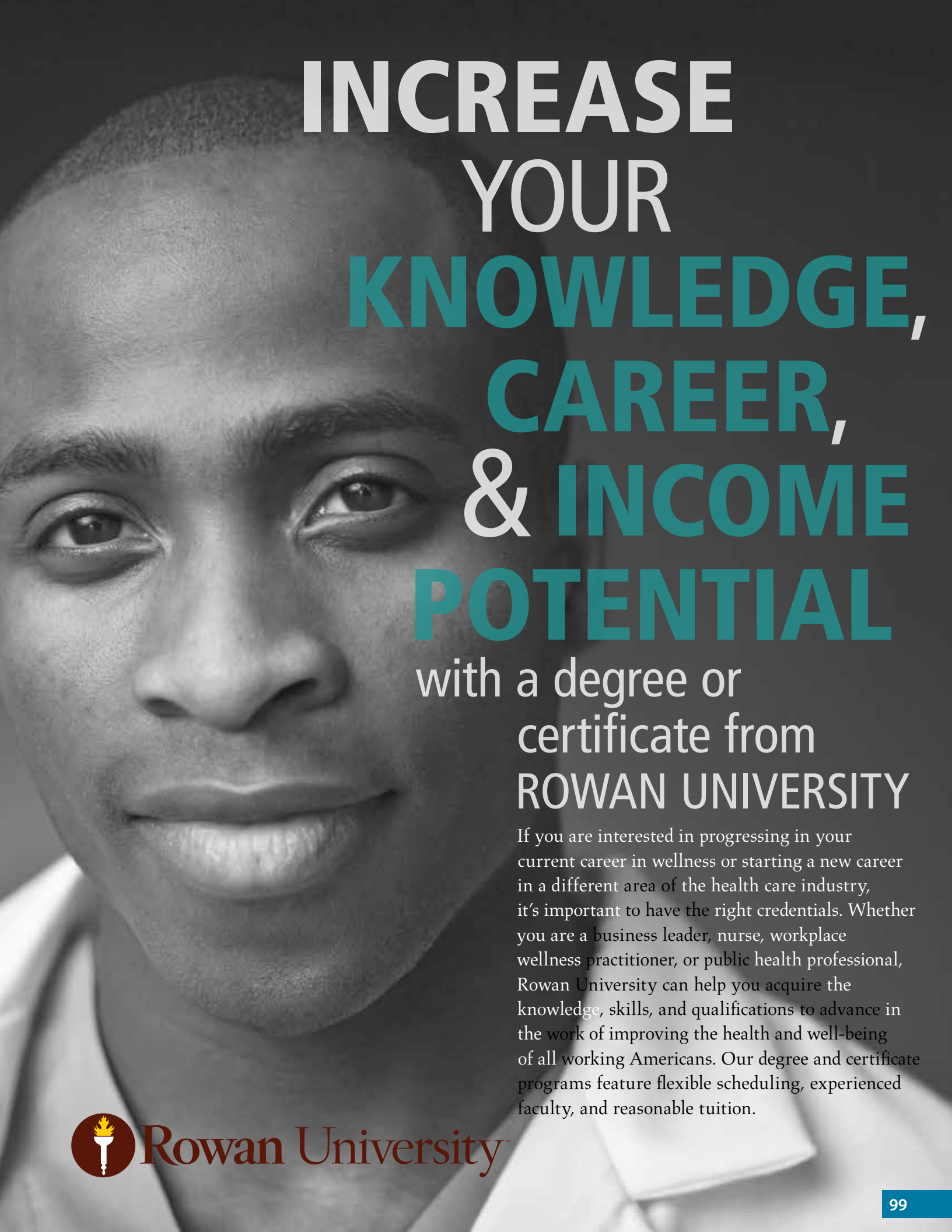
***Pay For Performance** - Employees get results or they get their money back.

****Data** - Based on case study of ABC Financial Services, Inc.

Change their body. Change
their mind. Change their life.
AND YOUR BUSINESS
Forever.

Get your free demo at
www.pureproactive.com/wel





INCREASE YOUR KNOWLEDGE, CAREER, & INCOME POTENTIAL

with a degree or
certificate from
ROWAN UNIVERSITY

If you are interested in progressing in your current career in wellness or starting a new career in a different area of the health care industry, it's important to have the right credentials. Whether you are a business leader, nurse, workplace wellness practitioner, or public health professional, Rowan University can help you acquire the knowledge, skills, and qualifications to advance in the work of improving the health and well-being of all working Americans. Our degree and certificate programs feature flexible scheduling, experienced faculty, and reasonable tuition.

WELLN & GRADUATE

M.A. in Wellness & Lifestyle Management

This program is for professionals from a variety of disciplines who want to work with clients or students to create and maintain lifestyle changes. The program prepares graduates to develop and implement wellness and lifestyle change programs in community, hospital, corporate, and school settings.

- 10 course / 30 graduate semester hour program
- 100% online courses
- Part-time accelerated format
- Can be completed in 5 consecutive semesters

Ed. D. in Educational Leadership: Nurse Educator

Develops nurse educators and leaders who want to make an impact through the training of future health care professionals

- 16 course / 60 graduate semester hour program
- Online courses with two (3–4 day) required residencies on the Glassboro, NJ campus
- Part-time accelerated format
- Can be completed in 10 consecutive semesters

For more information visit or call:

ESSS

UNDERGRADUATE PROGRAMS

School Nursing Certification

Prepares RN licensed nurses who hold a bachelor's degree to serve as health care professionals in a school setting

- 6 course / 18 undergraduate semester hour program
- Combination of online courses, face-to-face classes and field placement
- Part-time accelerated format
- Can be completed in 3 consecutive semesters

Bachelor of Science in Nursing (RN to BSN)

Provides RN licensed nurses with the research and leadership skills necessary for career advancement

- 9 courses provide 31–32 of the required 121 undergraduate semester hours
- Combination of online courses, face-to-face classes and field placement
- Part-time accelerated format
- Can be completed in 5–6 consecutive semesters



YOUR PATH TO SUCCESS IN A WELLNESS PROFESSION STARTS TODAY

Recruitment Representatives

Representatives are available Monday through Friday 8:00 a.m. until 4:30 p.m. EST to discuss Rowan University's Health Care Programs and how they can help you reach your career goals. Reach us by:

- Phone: 855.256.4747
- E-mail: cgce@rowan.edu
- Web: Rowanonline.com/health

Information Sessions & Open Houses

Sessions are scheduled regularly throughout the year. The \$65 application fee will be waived to those who complete the application form at an event. To attend, please visit Rowan.edu/cgcersvp to register.



Rowan University™



SIMPLYWELL®

INTEGRATED
HEALTH SOLUTIONS™

YOUR FUTURE. YOUR HEALTH.®

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.

SIMPLY Well[®]

INTEGRATED
HEALTH SOLUTIONS[™]



WELLNESS PORTAL SERVICES

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

ONSITE HEALTH SCREENING SERVICES

Professional Onsite Health Screening Services are available at the 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

With the **SimplyWell** program, health care information and advice 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 Risk Reporting Capabilities. All reports are 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)



YOUR FUTURE. YOUR HEALTH.®

SIMPLYWELL®
INTEGRATED
HEALTH SOLUTIONS™



INTEGRATED. CLINICALLY-BASED. RESULTS DRIVEN.
COMPREHENSIVE. MEASUREABLE. PROVEN.

4242 Farnam Street, Suite 270 • Omaha, Nebraska 68131 • 1.877.991.WELL (9355)

www.simplywell.com

GOOD HEALTH IS GOOD BUSINESS.

When it comes to healthcare, it's easy to feel as if there is little your business can do to keep things under control.

That's where Star Wellness® comes in.

Companies looking to create a healthier bottom line realize that one way to have an impact is to help create healthier employees.

More than 200 clients in 20 states look to Star Wellness as the smart choice for onsite medical screening and ways to find affordable, convenient, and innovative solutions to their health and wellness challenges.



STAR WELLNESS®
— USA —

800-685-5572
starwellnessusa.com

For a Life Lived Well.®

Give Your Employees
The Tools They Need To

BE FIT. BE HAPPY. BE WELL.

Research has repeatedly shown that a healthier workforce is a more productive workforce with fewer hours lost to employee absences, work-related injuries, less turnover and increased morale.

Forward-thinking companies also realize that a healthier workforce offers a way to keep a grip on out-of-control healthcare costs.

The bottom line is that a properly implemented program can pay for itself.

If your business wants to significantly improve the overall health of employees (and your bottom line), you have to understand the current state of their health.

For the past decade we have performed health screenings and vaccinations for tens of thousands of employees at hundreds of businesses, organizations and local governments nationwide.

All of this is done with state-of-the-art screening and innovative software that make our services uniquely desirable and affordable. You and your employees

will have access to custom color reports, convenient online scheduling (STAR Scheduling®), and our revolutionary STAR Access® program for small locations or remote employees.

Custom packages* including:

- Cholesterol/Glucose
- Blood Pressure/BMI/Waist Circumference
- Male/Female Profiles
- Cancer Screening (PSA, CA-125)
- Custom Blood Profiles
- Shot Clinics (Flu/Vitamin B12)
- Vascular Ultrasound/Stroke Screening

We can work with your other wellness providers to provide feedback and validation that their programs are working.**

Life-saving and cost-saving. It's a winning combination.

We hope you agree, and that you will let Star Wellness help you build a healthier workforce -- and a healthier bottom line.

**All Star Wellness® screening packages include all 5 risk factors for Metabolic Syndrome*

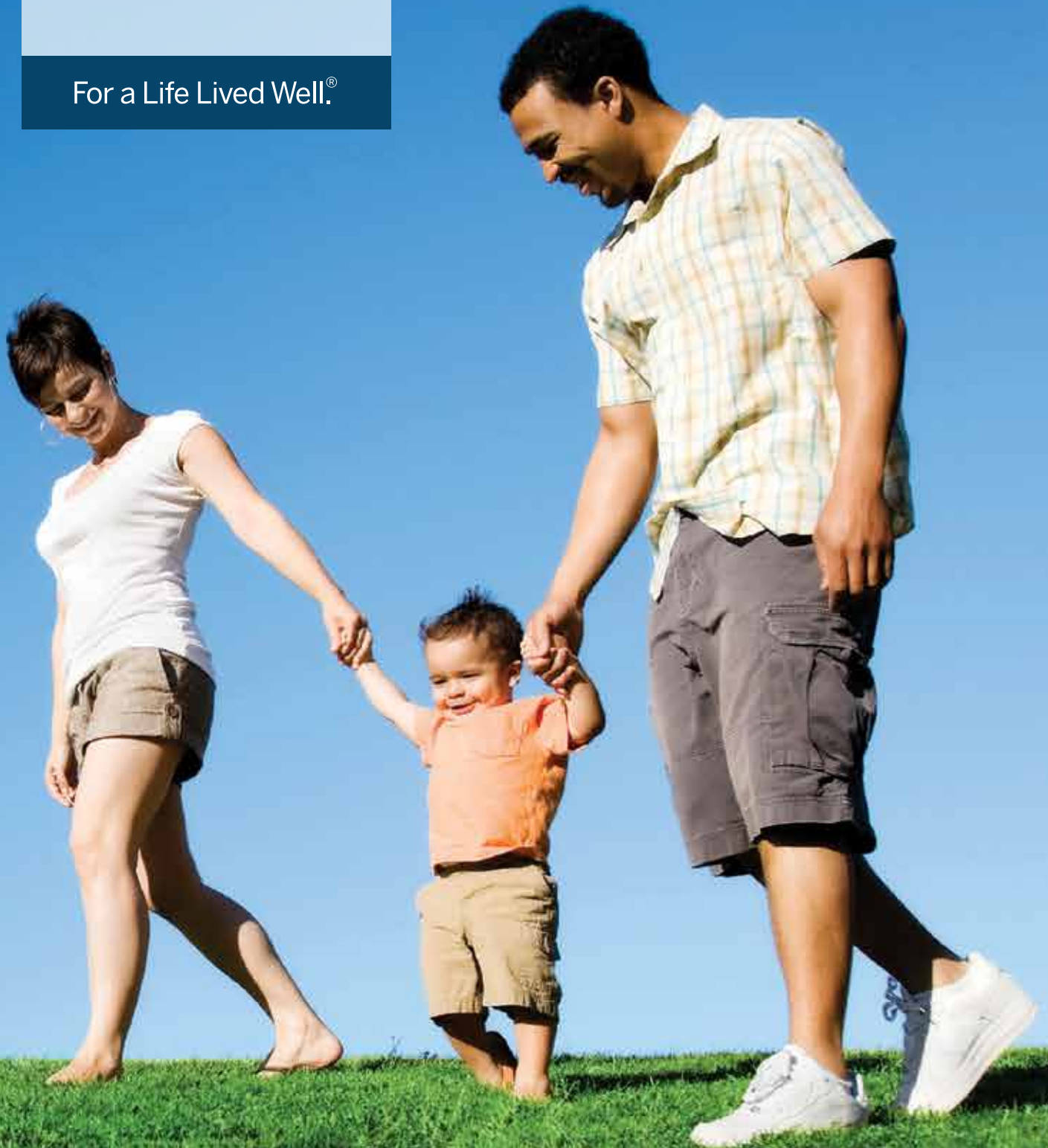
***Star Wellness® strictly enforces HIPAA, OSHA and CLIA regulations for health screening including the often-ignored 1992 Needlestick Safety and Prevention Act. All of our screeners undergo initial and recurring training to ensure the highest standards of technical and professional excellence.*



STAR WELLNESS®
— USA —

800-685-5572
starwellnessusa.com

For a Life Lived Well.®



OWN A STAR WELLNESS FRANCHISE.

Now you can be a part of the Wellness Revolution with a Star Wellness franchise.

Thanks to the uncertainty of healthcare reform, wellness is one of the fastest growing industries and the Star Wellness franchise perfectly positions you to be a part of that growth.

Our flexible business model is designed to be operated initially from your home, eventually transitioning to a commercial office location as you grow your business base to a larger, broad ranging client base. And our comprehensive training and support programs teach you how to manage the day-to-day operations of a Star Wellness® franchise efficiently and effectively.

Best of all, a Star Wellness® franchise gives you the perfect opportunity to do something truly meaningful—improving the quality of people’s lives.

Whether you have healthcare experience or not, the time is right to open a highly rewarding healthcare business.

Find out if the Star Wellness® franchise program is right for you. Visit www.starwellnessusa.com/ Franchise Opportunity or contact us at 800-685-5572.



STAR WELLNESS®

— U S A —

800-685-5572

starwellnessusa.com

For a Life Lived Well.®



Are You Ready to Take the Leap?



(Yeah. It DOES feel THAT good!)



Wellness with a Twist!



Easy Implementation... You Will Jump for Joy!

Creativity and ease of implementation are hallmarks of TAVi Health Wellness Incentive Challenges. We have done all the detail work for you, eliminating the need for long brainstorming sessions and the tiresome back-and-forth with the marketing department to be sure everything looks and sounds just right.

Below is a list of the resources you'll receive both **print-ready and on CD in Form-Fillable PDF or Word format** in each and every one of our wellness incentive campaigns:

- How-to Guide to Implementation
- The Twist (Ideas for Promotion)
- Know-and-Go Educational Ideas
- Introductory Letter
- Registration Form
- Internal Newsletter Articles
- Promotional Flyer
- Payroll Stuffer
- Table Tent
- Print-Ready Banner Design
- Participant Packet Letter
- Tracking Sheet and Guidelines
- Educational Resources
- FAQ Sheet
- Motivational Messages
- Program Evaluation



Your Solution for a Healthy Workforce... and Bottom Line

Now more than ever, it is important to offer employee wellness options that are cost-effective, deliver a tremendous value and keep employees engaged in healthy activities. Supporting and encouraging healthy lifestyles must be a priority.

At TAVi Health, we develop ready-to-implement wellness challenges. For just \$219, you can avoid long hours of brainstorming, designing and implementing home-made wellness challenges. Organizations from across the United States — from city governments to manufacturers and insurers — have launched TAVi Health wellness challenges and reaped these benefits:

Save Time: Our campaigns are ready-to-implement the day you receive them, and are designed to be administered with a minimal investment of time on behalf of the program coordinator.

Save Money: For \$219, with a discount for non-profit and government organizations, you receive a kit complete with all of the tools to take you from start to finish. Our challenges move your wellness programming forward without taking your budget backward.

Boost Morale: Our wellness challenges promote healthy lifestyles, having fun and camaraderie.

Hold the Gain: With the value delivered by TAVi Health wellness incentive challenges, you can save money while being sure you are providing your participants with the most up-to-date public health guidelines for healthy living.

So Many CHOICES!
Check out our online
catalog at tavihealth.com

Stick to itiveness
Hit YOUR Healthy Target

WATERWORKS

GO → The Good Stuff

YLW TV
YOUR LIFE WITHOUT TELEVISION

RECESS!

THE MULTIPLIER

NFL
NUTRITION FITNESS LIFESTYLE

Show me the FUNNY

SMILES

BRUSH, BRUSH, BRUSH YOUR WAY TO WELLNESS!

A TEAM APPROACH TO TOTAL WELLNESS
STEP UP TO THE PLATE

The Old Switcheroo

FITNESS FINALE!

Unwrapped
Nutrition. Naturally.



JUST DRIVE
AVOID DISTRACTIONS AT, ENDING, DISTRACTED DRIVING

CELEBRATING 50 AMERICA

LOVE YOUR MOTHER
EVERYDAY'S EARTH DAY

TOP OF MIND

GOOD NIGHTS
AM I ASLEEP YET?
GREAT DAYS

The Good Stuff

Turn to TAVi for Convenient, Affordable Purchase Options!

We make the purchase of any of our TAVi Health wellness challenges 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 a small fee.

If you serve multiple organizations we have a licensing structure that makes it affordable for you to include our incentive challenges in your comprehensive wellness program.

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!

Need Custom Content? Call TAVi!

Yes, we KNOW wellness incentive challenges. But we also know how to get the attention of your audience. TAVi Health not only develops interesting and effective wellness incentive challenges, we also develop content for clients large and small. From newsletter articles to custom developed challenges... if you have a need, TAVi can meet it!



- Custom Newsletters and Newsletter Articles
- Breakroom Posters, Flyers and Table Tents
- Custom Wellness Incentive Challenges
- White Papers
- Logos, Icons and Graphics
- Employee Correspondence and Direct Mail
- Behavior-Specific Informational Campaigns
- Much, Much MORE! Call Us Today!

Call us at
888.491.1625
for
pricing!

We Serve:
Trade Organizations
Employers
Brokers/Consultants
Health Plans
More!



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www.tavihealth.com

ARE YOU LOOKING FOR A LOW-COST AND EASY WAY TO
MAKE YOUR COMPANY
WELLNESS PROGRAM
STRONGER?



COMPRESSION

Offer your employees comfort and wellness socks for less.

SoleUtion® socks help your employees care for their feet and legs so they stay comfortable.

DO PEOPLE WORK ON THEIR FEET ALL DAY?

SoleUtion® compression socks help energize legs and feet and help minimize the pain associated with minor varicose veins and swollen legs.

DO PEOPLE HAVE SENSITIVE FEET AND LEGS?

SoleUtion® non-binding socks help allow circulation and provide a comfortable fit.



NON BINDING

- Comfort and wellness
- Function and style
- GOLDTOE® Standard of Quality®



COMPRESSION SOCKS BENEFIT ALL TYPES OF PEOPLE BY SUPPORTING FEET AND LEGS SO THEY FEEL BETTER.



COMPRESSION

- Supports and Energizes Legs
- Helps Improve Circulation
- Helps Reduce the Discomfort of Minor Varicose Veins and Swollen Legs

HOW SOLEUTION® COMPRESSION SOCKS HELP

Compression socks massage tired, achy legs. Styles featuring graduated compression also help improve circulation. Graduated compression is greatest at the ankle and gradually decreases up the leg.

GRADUATED COMPRESSION SOCKS BENEFIT PEOPLE LOOKING FOR RELIEF

- Anyone standing or sitting for long periods of time
- Anyone suffering from moderate-to-severe varicose veins
- Anyone suffering from tired, achy or swollen legs

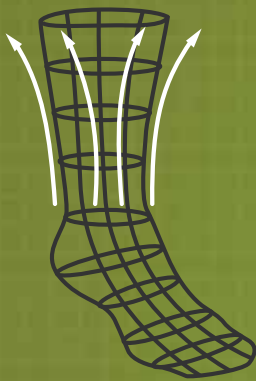
GRADUATED COMPRESSION SOCKS ALSO HELP PEOPLE WHO FEEL DISCOMFORT FROM SWOLLEN LEGS AND ARE LOOKING FOR PREVENTATIVE MEASURES

- Overweight people
- Older people
- Anyone spending all day on his feet
- Pregnant women
- Air travelers



soleution®
a GOLDTOE brand

NON-BINDING SOCKS DELIVER SPECIAL CARE FOR PEOPLE WHO HAVE SENSITIVE FEET AND LEGS



NON-BINDING

Non-binding
Top Helps
Allow Circulation



HOW SOLEUTION® NON-BINDING SOCKS HELP

Non-binding socks deliver special care for people who have sensitive feet and legs. All socks in this collection deliver outstanding comfort and non-binding tops that help allow circulation.

Additional yarn and design features vary across styles. They deliver proper fit, help combat abrasion and provide other measures of protection.

SOME OF THESE FEATURES INCLUDE:

- Reversed and flat toe seams for comfort
- Moisture control for drier feet
- Cushioned soles for shock absorption
- Freshcare® to control odor causing bacteria

NON-BINDING SOCKS BENEFIT PEOPLE LOOKING FOR BOTH COMFORT AND RELIEF

- Individuals with sensitive skin
- People with wider feet or legs

DIFFERENT STYLES ARE AVAILABLE

SoleUtion® non-binding socks are available in dress and casual styles for both men and women. Choose from a collection of fabrications and designs to complement your wardrobe choices.

soleution®
a GOLDTOE brand

soleution®

a **GOLDTOE**® brand

CONTACT US IF YOU ARE INTERESTED
IN OFFERING EMPLOYEES

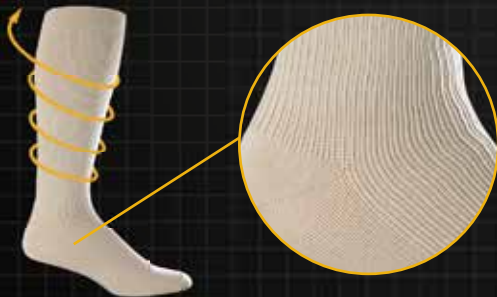
20% OFF ANY
STYLE OF
SOLEUTION®
SOCKS

PURCHASED AT
[SOLEUTIONSOCKS.COM!](http://SOLEUTIONSOCKS.COM)

Call Erin Plumb at 336.403.1388 or
email erinplumb@triad.rr.com for details



COMPRESSION



- Support for feel-good feet and legs
- Good for travelers and people sitting or standing on their feet all day
- Helps reduce discomfort of minor varicose veins and swollen legs

NON-BINDING



- Non-binding top helps allow circulation
- Moisture control for drier feet
- Reversed toe seam for comfort

IS YOUR

WELLNESS PROGRAM

WORKING?



Trotter Wellness® programs optimize health by reducing lifestyle related health risks through integrated, comprehensive wellness programming, based on a documented Return On Investment (ROI) model. Our programs provide effective and proven solutions to reduce unnecessary health related costs and improve the quality of life and well-being of our participants.

Trotter
Wellness®
Wellness That Works®

Contact Trotter Wellness: 888-267-5895 | www.TrotterWellness.com

Wellness That Works[®]



We specialize in designing wellness programs that target the most prevalent health risks for your population.

We dedicate a team of wellness professionals to every client we serve. Each of our team members specialize in a different facet of Wellness Program Management to ensure balanced delivery and overall effectiveness of your program.

Our team members monitor and report back on the impact and success of your wellness program, and are available to share ideas and best practices for every phase.



Trotter Wellness provides single-source wellness solutions for clients of all sizes. Our programs include:

- ✓ Health Risk Assessments
- ✓ Optimal Health Coaching™
- ✓ Online Health & Wellness Resources
- ✓ Activity Tracking
- ✓ Monthly Newsletters & Health Challenges
- ✓ ...and more!



Trotter
Wellness
Wellness That Works®

LET *TROTTER WELLNESS*[®] WORK FOR YOU!



Our Results

- ✓ 82% program participation for employees and spouses
- ✓ Health Claims are 29% less for those coached on a year-by-year comparison
- ✓ Our clients average a 5:1 Return On Investment

Trotter
Wellness[®]
Wellness That Works[®]

Contact Trotter Wellness: 888-267-5895 | www.TrotterWellness.com

Employee Contests

Data Driven

Web Tools & Resources

Outcome Based

Bottom Line

User Friendly

High Participation

Mobile App Solutions

HRAs

High ROI

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 is one of only 9 Current Firms Nationally to earn Full Accreditation as a Comprehensive Wellness Provider through URAC.

www.uscorporatewellness.com



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

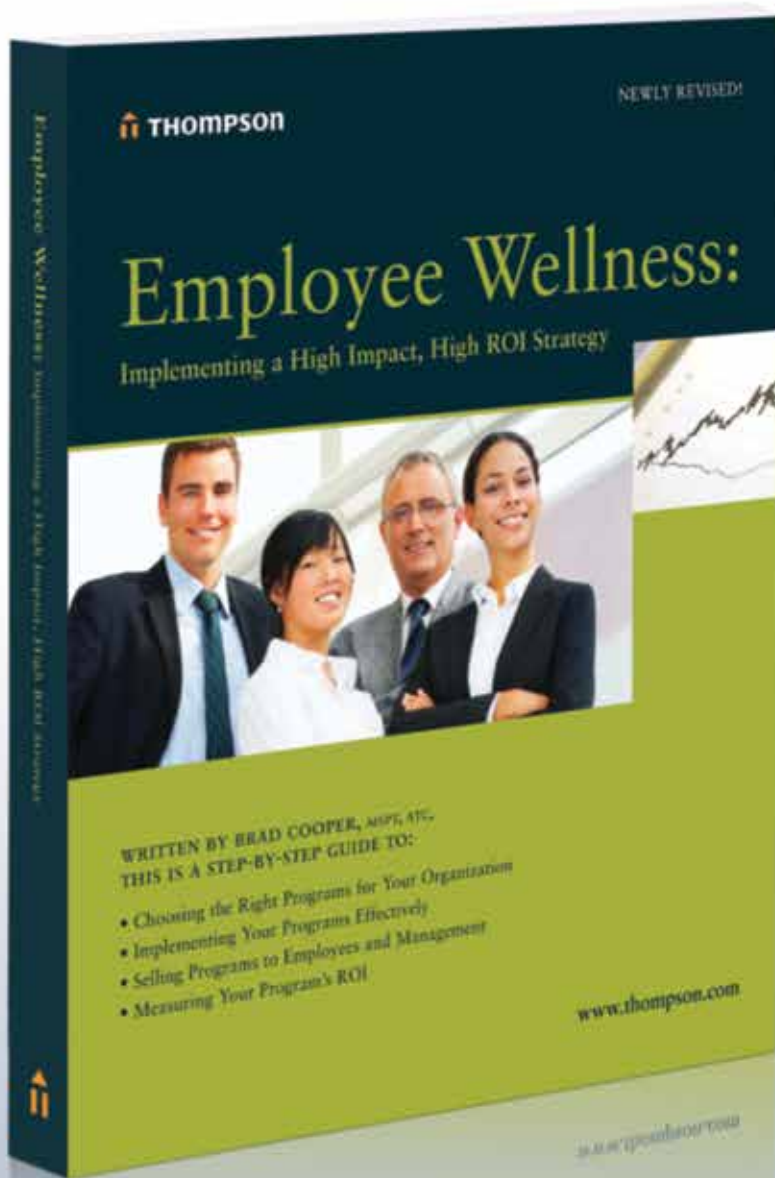


Contact us today at
Results@USCorporateWellness.com to move to a
high impact, high ROI employee wellness strategy.



Special Offer

From US Corporate Wellness



The first 7 people to contact us each month at Results@USCorporateWellness.com will be provided a complimentary consultation with the author in regards to your organization's employee wellness strategy.



Be watching for the latest comprehensive employee wellness resource from Thompson Publishing. See www.thompson.com/welln3 for details.

Authored by Brad Cooper, CEO, US Corporate Wellness

I contained my *healthcare* *costs.*

As an employer, you know that a worksite wellness program can drive your costs down – if it's done right.

And by right you mean expertly and affordably. That's where we come in.

Wellsource provides:

- An engaging wellness portal and motivating tools
- An evidence-based HRA
- Unlimited support
- Proven value on investment

**As effective as
you need it to be.**



CALL FOR A DEMO.
800-533-9355
WELLSOURCE.COM/EMPLOYERS

 **Wellsource**[®]
THE WIN-WIN WELLNESS SOLUTION

I grew my wellness business.

You're a consultant, a reseller, or a health coach and want sophisticated tools to add to your wellness services.

You also want a partner who understands your business needs.

Here's Wellsource.

- Powerful, evidence-based HRA
– robust, field-tested, and adaptable
- In-depth reports for data mining
- Configurable, so your clients can have it their way

**As versatile as
you want it to be.**





I added value to my products.

**You want to complement
your existing business**
with easy-to-manage, rock-solid
wellness tools.

Wellsourc is right there with you.

Our powerful HRA is pre-configured
and ready to go with:

- Quality data tracking
- Clear reports for you and
your participants
- Easy, efficient integration
into your business



**As simple as
you'd like it to be.**

[WELLSOURCE.COM/INTEGRATORS](https://wellsourc.com/integrators)



HEALTH APPRAISALS



SELF-MANAGEMENT TOOLS

We're flexible so *you can be too.*



■ **Let Us Show You How**

If you're ready to learn how to launch a successful wellness program, our expert consultants can help. Online training and tech support are also yours free. We'll make you your own expert.

■ **Do It Yourself**

If you're software savvy and ready to roll out your HRA, we'll get you set up to run with it. (Don't worry. We're always here if you need us.)

■ **We Do It For You**

If you want to be hands-off and us to be hands-on, we're ready. We'll configure your products, manage your data, and run your reports. We make it easy to offer wellness.

Effective.

Versatile.

Simple.

And flexible.



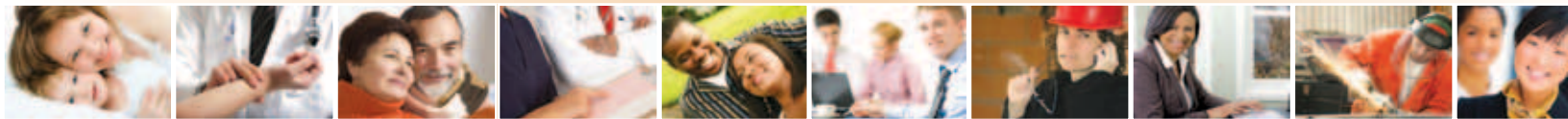
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WELLSOURCE.COM



**Working Together
Making a Difference
Since 1983**

Employers • Unions • Health Plans
Hospitals • Partners & Networks

Get Greater Results in Wellness & Beyond.. *with* HPN



Optimum vital engagement:

- ▶ 95-100% of employees
- ▶ 95-100% of spouses
- ▶ Taking key targeted actions each year

Valued personal & family impacts:

- ▶ New skills and know-how
- ▶ More healthy actions and lower risks
- ▶ Earlier detection and treatment
- ▶ Better use and quality of care
- ▶ Fewer medical errors
- ▶ Fewer illnesses and injuries
- ▶ Better health and wellbeing
- ▶ Less out-of-pocket expenses

Robust group & plan results:

- ▶ Paid claims = 11-26% lower than 3-5 years ago
- ▶ Catastrophic cases = fewer and less severe
- ▶ Total premium PEPM rate changes = flat or negative
- ▶ Stop loss rates = decreases or rebates
- ▶ Health-related absenteeism = lower



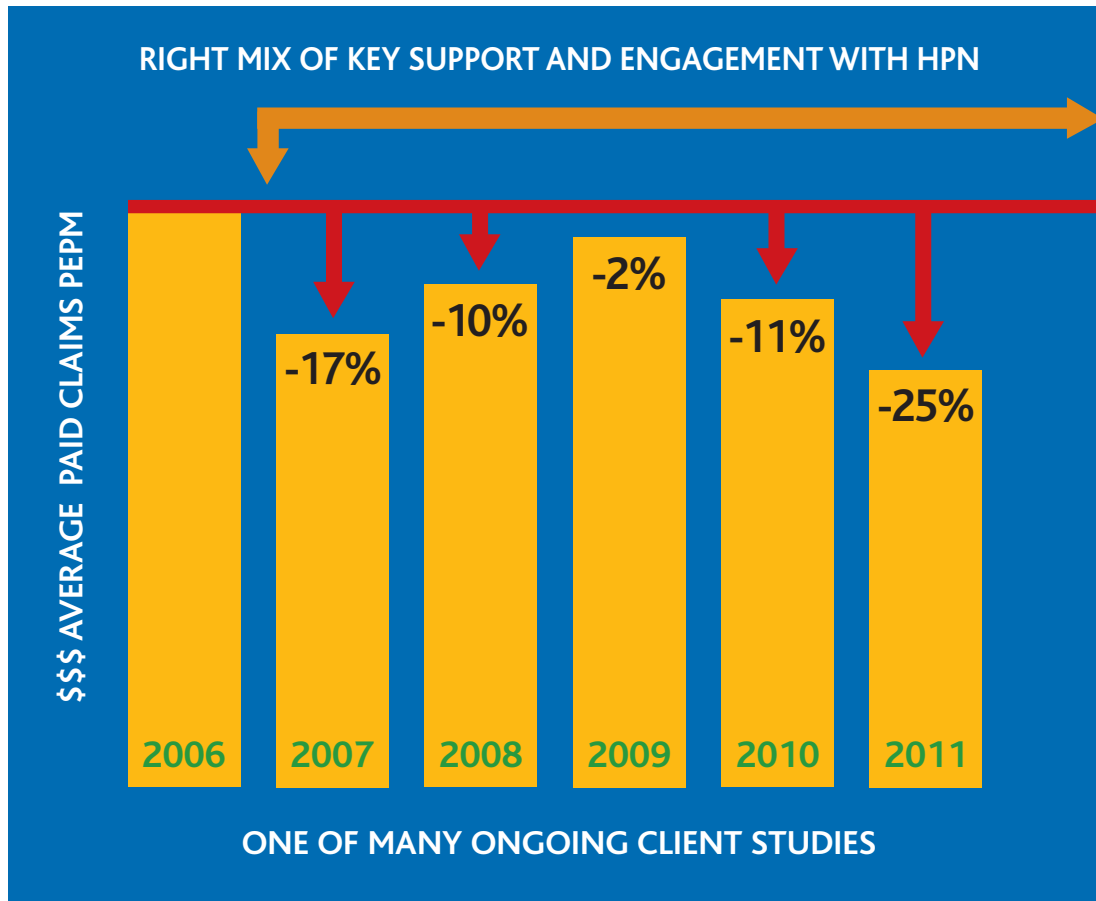
*Results without
cost-shifting.*

Benefit from Proven Support & Impacts... *with* HPN



- ▶ Effective Flexible Engagement Strategy Design – Incentive, Benefit Plan Design & Other Options
- ▶ Real Time Tracking – Incentive Program, Goals, Actions Taken, Progress, Decision Tools...
- ▶ Administrative and Clinical Access Options for HR, Benefits and Designated HIPAA BAs
- ▶ HIPAA & HITECH Compliant Platform Integrating Data, Analytics and Decision Support Needs
- ▶ Flexible Priority-Based Outreach – Targeted Risks, Gaps in Care and Other Key Considerations
- ▶ Extensive Aggregate and Ad Hoc Reporting – claims, screenings, HRAs, incentive program...

With HPN... Success & Results Add Up



The right approach to population health is essential.

It includes and goes far beyond wellness.

Client evidence = The *right support*
with the *right incentives*
targeting the *right actions*...

These are the main drivers to:

- ▶ Get rapid, lasting control of health and benefit costs.
- ▶ Truly improve demand and outcomes *versus* cost-shifting.
- ▶ Yield high engagement with personal actions required for success.



How can HPN *best* serve you?



HPN WorldWide offers guidance and support to improve profitability and performance by helping employees and their families to improve health, health care and decision-making skills and actions that result in:

- ▶ Fewer unnecessary visits to doctors and emergency rooms
- ▶ Detecting health problems earlier and handling them better before they become serious and costly
- ▶ Making prudent effective diagnosis and treatment decisions
- ▶ Improved prevention, health status and resilience
- ▶ Avoiding needless medical errors, complications and other poor quality care AND avoiding the related deaths, human suffering and added costs each year
- ▶ Reducing absenteeism other impairments and threats to optimal productivity
- ▶ Reduced cost of goods, waste, excess costs, paid claims, stop loss and lower annual rate increases

Visit HPN.com for...

Free planning resources:

- ▶ White papers
- ▶ Conference presentation visuals
- ▶ Planning models, checklists and tools

Consulting and research service options:

- ▶ Wellness program and benefit design
- ▶ Incentive and benefit designs to optimize engagement and results
- ▶ Annual reviews of wellness programs
- ▶ Strategic planning support
- ▶ Ways to accelerate results

More details about:

- ▶ Support options on the previous pages
- ▶ Other results and client studies
- ▶ Helpful research, news and links

Who we serve:

- ▶ Employers – small, mid-sized and large
- ▶ Health plans – self-funded and fully insured
- ▶ Unions – Taft-Hartley and other
- ▶ Hospitals and Health Systems
- ▶ Benefits Consultants & Brokers
- ▶ Partners – wellness, screenings, EAPs, other...
- ▶ TPAs & Other Groups



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Workplace Wellness Solutions



Healthy Company
CHALLENGE



Healthy Company
LIFESTYLE



Healthy Company
RESOURCE



Healthy Company
PROGRAM



Healthy Company
HRA
Health Risk Assessment



Healthy Company **ALLIANCE**

Whether you need just one solution or an entire wellness program, the HCA Wellness Platform provides a customized, integrated, online wellness system built for small groups, large businesses and whole communities.

www.healthycompanyalliance.com

5 COMPREHENSIVE PROGRAMS 1 CUSTOM SOLUTION

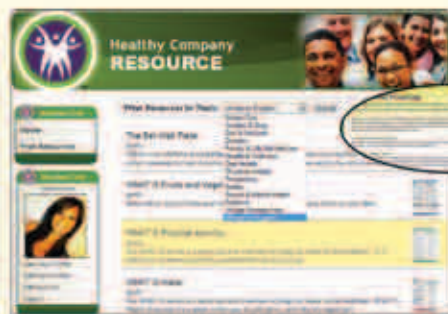


Healthy Company RESOURCE

- Source for program resources including articles, brochures, fact sheets, posters, toolkits and more
- Wellness Program Handbook and supporting tools written to guide Wellness Teams & Coordinators

www.healthycompanyresource.com

HC RESOURCE



Healthy Company LIFESTYLE

- Personalized, individual-based health coaching
- Accountability from certified wellness experts
- Access to web and mobile trackers, wellness resources, video library, personal action plans and more

www.healthycompanylifestyle.com

HC LIFESTYLE



Healthy Company HRA

- HRA survey tool with online & paper format
- HIPPA & HITECH compliant
- Participant report & organization report library
- Export data THAT YOU OWN for future use

www.healthycompanyhra.com

HC HRA



"I love choosing from all of the options! The admin panel is very intuitive - it allows me to run our wellness program easily and quickly!"

K. Simon
Wellness Coordinator

CONTACT US!

Let us show you how easy to use and intuitive the Healthy Company Alliance wellness platform can be for your group's own wellness program.

- ▶ Email us: info@healthycompanyalliance.com
- ▶ Call us: 408-883-4599
- ▶ Visit us: www.healthycompanyalliance.com



Healthy Company PROGRAM



- Customized wellness program portal with full admin panel for complete control of site
- Create activities, send messages, receive RSVPs and track participation points for all employees

www.healthycompanyprogram.com

HC PROGRAM



Healthy Company CHALLENGE



- Create and manage online wellness, fitness or weight loss challenges for a small group or multiple teams
- Choose our ready-to-use themes or create your own unique challenge with special rules and point structure

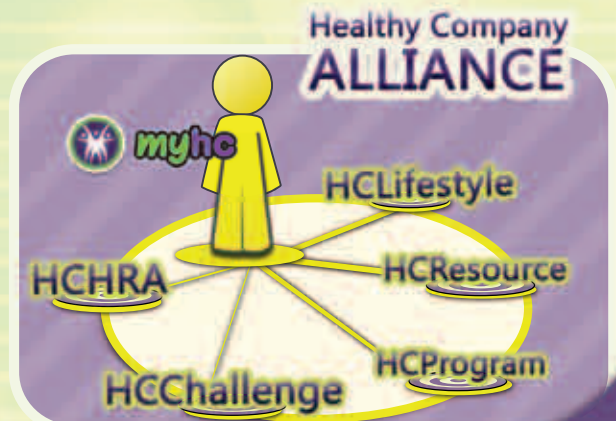
www.healthycompanychallenge.com

HC CHALLENGE



myhc is the user's account profile, giving easy single-sign-on access to all of the HCA Platform solutions. One account with one log-in for everything!

All data is stored securely in the cloud so as your program grows, the **myhc** user management grows with it hassle free!





Healthy Company
ALLIANCE

WELLNESS PLATFORM LICENSING PROGRAM

Are you a wellness professional?

Use our platform designed with you in mind
to increase revenue and value to your business.

**We're looking for ordinary people that want to make an
extraordinary difference in people's lives!**

Make your education, experience
and knowledge mean even more
by adding the HCA Wellness
Platform to your new or growing
wellness business.



What you get with the program:

- Ability to resell the full version of the HCA Wellness Platform!
- Special pricing available only to Licensing Program partners!
- Co-brand all products to your company!
- Complete admin access lets you focus on the customer relationship while we focus on hosting, managing and improving the solutions!
- Easy startup process backed by the full guidance of HCA support staff!
- Exclusive territory rights available for the right wellness professional partners!
- Enrollment in HCA Academy, a complete training program!
- Incentives and performance rewards available!

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INFORMATION**

Email us opportunities@healthycompanyalliance.com



wellness corporate solutions

WELLNESS PROGRAMS MAKE GOOD BUSINESS SENSE

Educate

Engage

Empower

- Onsite Health Screenings Nationwide
- Health Risk Assessment
- Wellness Program Design and Implementation
- Health Coaching
- Wellness Challenges
- Onsite Seminars
- Incentive Program Design and Administration



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Assess



Educate

Nutrition



Diabetes Prevention



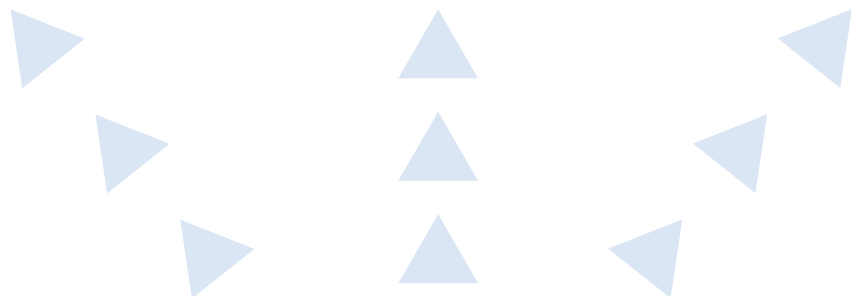
Exercise



Heart Health



Stress



Prescribe



Wellness Made Easy

www.purewellness.com

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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"

ShapeUp adds "Let's" into the health and wellness conversation.

We make health social.



shapeup.com



We make health social.



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

At ShapeUp, 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.

shapeup.com

CHENOWETH &

ASSOCIATES, INC

32 YEARS OF EVALUATION EXCELLENCE

We can convert your program or plan data into **STRATEGIC INFORMATION**

Here is the kind of data we manage:



Medical claims



Health Risk Assessment



Rx drug claims



Biomedical/clinical risk



Productivity (absenteeism/
presenteeism)



Workers' Comp

Here are the clients that we serve:



Small Business



Government



Mid-size employers



Health plans



Large employers



Co-ops



“Chenoweth & Associates delivered an economic analysis of physical inactivity, obesity, and overweight on time, on budget, and comprehensive in nature.”

- Anthem Blue Cross Blue Shield

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32 YEARS OF EVALUATION EXCELLENCE

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Whether you're looking for a front-end program prescription, mid-program assessment, or back-end program evaluation, we can create and conduct a strategic evaluation plan around your demographics, culture, goals, policies, resources, and budget.



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Break-Even Analysis



Claims Data Analysis



Cost-Effectiveness Analysis



Forecasting



Present-Value Adjustment



Risk Stratification



Risk Factor Costing



Return-On-Investment (ROI)



Statistical Analysis

Books For Practitioners

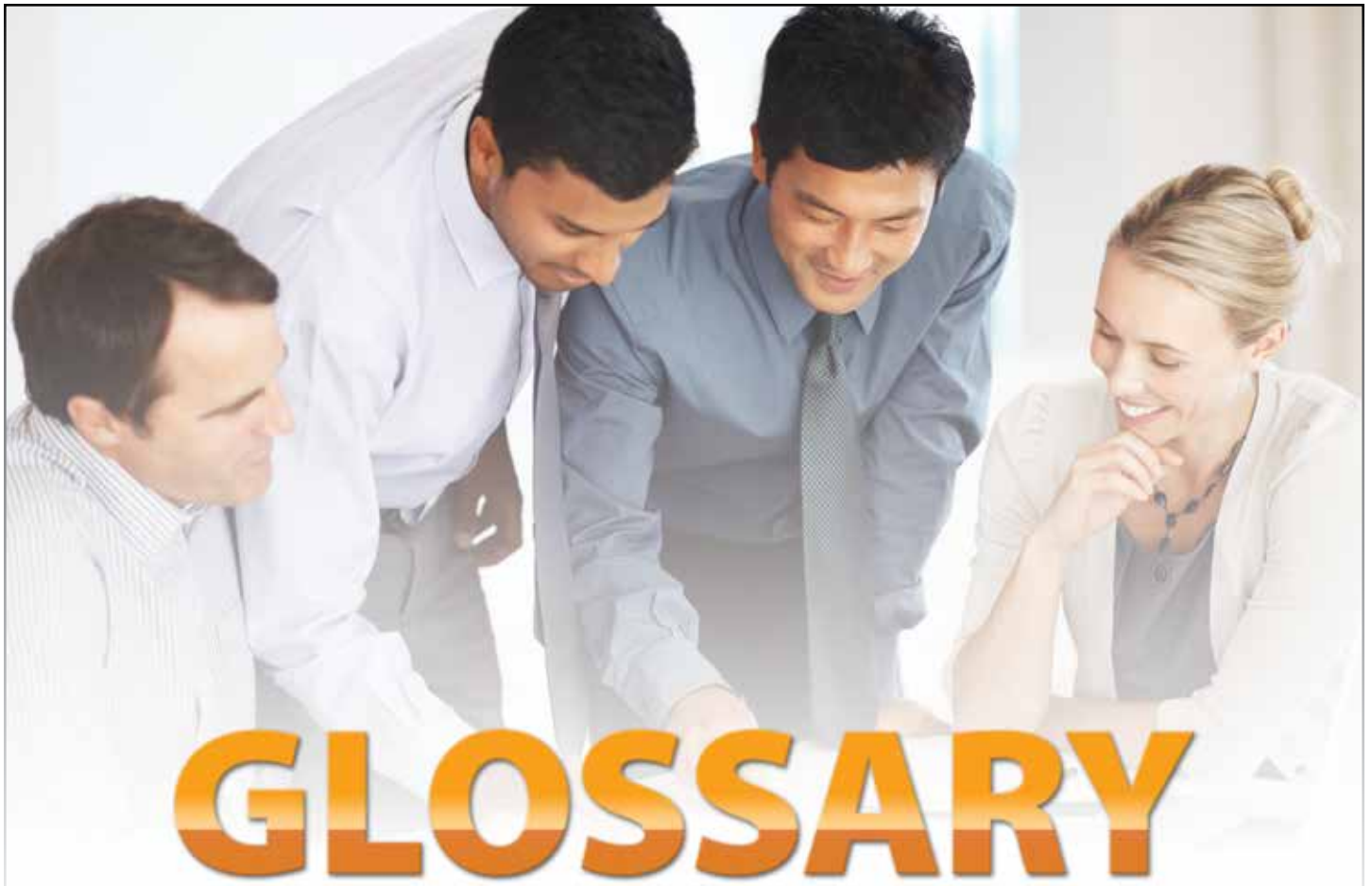
Order one of our books that are jam-packed full of information on program planning and evaluation tools, guidelines, and how-to applications at: www.HumanKinetics.com





“Chenoweth & Associates are instrumental for organizations who want measurable outcomes to manage health.”

-WELLCO Corporation



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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.

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Email: info@wellstreamonline.com

Web: www.getwellstream.com





Healthy Challenges with Social Networking

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

▶ WALKING & ACTIVITY

▶ WEIGHT & NUTRITION

▶ STRESS & SLEEP

▶▶ *Easy to administer online system*



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cents.**

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learn
why.**



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Creating Dynamic Wellness Programs

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