



A 15 Month Study Finds...

Our Program helps employees manage the risk of current and future health care cost by improving health and feeling better.



Improved Individual Health

**8% Reduction in total cholesterol.
3.23 Point reduction in average BMI.**



**Increase Daily Work Load Productivity
23% more productive**



Reduce Unnecessary Medical & Pharmaceutical Claims

**29% lower medical claims cost.
71% lower pharmaceutical cost.**



**Shrink Sick Days & Short Term Disability
77% fewer unscheduled days off.**

