



I went from a pack a day to a walk a day.

I used to take my work breaks with all the other smokers, sitting on a bench in the smoking shelter. We didn't talk much, but I know I wasn't the only one who noticed that our coughs sounded an awful lot alike.

One day they put up a poster that said if we signed up for a free quit-smoking program at the plant, we'd each get \$100. When I told my wife that she could join the program too, we both got really excited that maybe this time we'd quit for good. I told the guys at work, and a couple of them decided to join too. Well, fast-forward four weeks, and you got three guys who take their breaks walking and laughing, instead of smoking and coughing.

This path we're on isn't easy. I've tried to quit before and couldn't. But this time is different. I've got my coach from the program, my wife and the guys at work keeping me motivated. I'm kicking this habit for good.

Paul's health is going up in smoke

Sees poster offering \$100 for enrolling in free quit-smoking program

Wife rearranges schedule to attend classes, too

Co-workers catch his enthusiasm

Learns how to make a quit plan that fits his lifestyle

Replaces smoke breaks with walk breaks

On track to be smoke-free for life

Wife celebrates by lighting up... the barbeque



Numbers at work

Managing employer's plan costs

.7% ongoing trend for engaged Carewise Health member vs. 24.6% for unengaged member

Improving the health of our members

- 60% decrease their body mass index (BMI)
- 70% improve their blood pressure levels
- 60% decrease their cholesterol levels
- 53% reduce their triglycerides
- 60% improve their blood sugar levels

Increasing employee satisfaction

93% of members report "good" to "high" satisfaction

Analytics for continuous improvement

You don't need to be a clinician or an actuary to understand our user-friendly reports. We mine the data to help you target new opportunities for health improvement. Key performance areas include:

- Program participation
- Member satisfaction
- Clinical outcomes
- Behavioral outcomes

Carewise Health® Worksite Wellness creates a powerful culture of health at work and maximizes your health investment by boosting employee engagement.

Good health is a lifestyle at work

Your employees spend most of their waking hours at work. It's no wonder the workplace has such a powerful influence on health. Carewise Health Worksite Wellness unifies all your initiatives to promote good health as a way of life. Because some employees enjoy interacting with a group of like-minded individuals, group support is a key element of the program.

Get the most out of your wellness programs

Employers make significant investments in health programs for their employees, but it's a challenge to achieve and sustain interest and participation. Worksite Wellness is a powerful way to demonstrate your commitment and drive excitement and engagement in all health programs. Employers can increase attendance by allocating time for employees to participate. When an individual has a personal interaction and expresses an interest in better health, he or she is much more likely to participate in other health-related programs.

Wellness Ambassadors spread good health message

Your organization is full of inspiring individuals who are eager to become Wellness Ambassadors. By training and guiding key people on your team, we'll help you apply their persuasive power to create a well workplace.

Promotions create awareness and enthusiasm

Worksite Wellness fits seamlessly into your existing health management program. On-site events such as health screenings and promotions educate employees about resources available. Promotional events create "buzz" and grassroots support for your wellness initiatives.

Educational events deliver practical advice

Employees want advice on simple ways to adopt a healthier day-to-day lifestyle. Through the use of webinars, lunch-and-learn sessions, and family programs, employees learn how to make more informed decisions about their health.

Group coaching for community support

Six-week group coaching sessions help members create personal success plans for important topics such as:

- Nutrition
- Weight management
- Exercise
- Stress management
- Smoking cessation
- Walking

Tailored programs that work for you

Using rigorous analytics, we highlight trends at each site—your specific "hot-spots" of risk and challenges to employee engagement. We use this data for site-specific improvement strategies.



For more information, call 888-9CWHLTH (888-929-4584) or visit carewisehealth.com. Carewise Health is a provider of integrated health solutions.

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