

Two health systems. Two paths to wellness working.

HOSPITAL A



TOTAL ELIGIBLE POPULATION

17,805

HOSPITAL B



TOTAL ELIGIBLE POPULATION

11,807

OVERVIEW

21 hospitals

across the nation

86.8%

Year 1 Participation Rate

81.9%

Year 9 Participation Rate

AWARDS / RECOGNITION



OVERVIEW

6 hospitals

in New Jersey and Pennsylvania

76%

Year 1 Participation Rate

65.3%

Year 4 Participation Rate

AWARDS / RECOGNITION



While both have participation rates above normal, Hospital A's higher participation rates help the wellness plan reach a larger portion of the population with high risks.

continue



Configurable Plan

Motivate

Drive the highest participation possible through financial and intrinsic motivators.

Educate

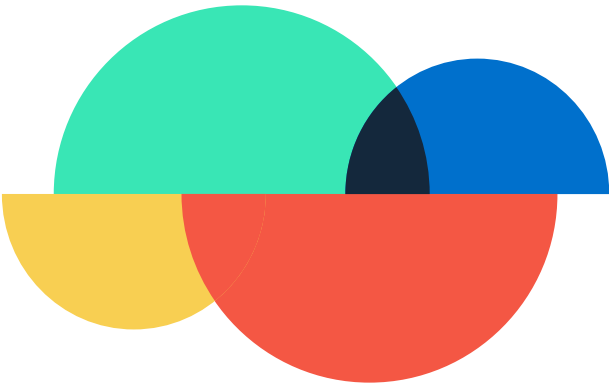
Crystal clear awareness of the health of participants coupled with aggregated data analysis for your HR/benefits team.

Empower

Personalized coaching and support for your entire population with flexible online tools to empower behavior change.

Action Plan

Ensure success by setting a detailed plan for your corporate culture to proactively support your people.



HOSPITAL A

\$1800

Annual Premium Discount

- Personal concierge service
- Custom branded campaign
- Integrated benefits support
- Tobacco cessation
- Employee Assistance Programs (EAP)
- Health risk assessment
- On-site and physician health screenings
- Live Well Challenge
- Personal health advocate to help employees navigate through the healthcare system

HOSPITAL B

\$500

Annual Cash Incentive

- Year-round wellness and well-being activities
- Comprehensive communications campaign
- Health education classes
- Physician health screenings
- Employee Assistance Programs (EAP)
- Online Health University
- Diabetes management classes
- Weight Watchers
- Wellness coaching
- Nutrition counseling sessions with a registered dietitian
- Tobacco cessation
- Team challenges
- Portal for individual challenges, recipes, exercise videos, fitness trackers, and more
- Gym & YMCA membership discounts
- Wellness Champion Network
- Walking paths and walking group
- Local events with other employees
- Intramurals with team members



Building opportunities in your environment for your people to succeed at improving their well-being is critical.

Hospital A does this through an integrated benefits campaign to keep the program top of mind. **Hospital B** does this through its Wellness Champion Network, which proactively supports and engages all team members.



HOSPITAL A

Results

HEALTH RISK

86.6%

Of those with one or more health risks in year one, **86.6% either maintained or improved**, of which **17.1% now no longer have a health risk.**

HYPERTENSION

98.5%

Of those with a blood pressure reading of 140/90 mmHg or above, **98.5% either maintained or improved**, of which **87.9% are no longer hypertensive.**

Testimonial

“Bravo understands our business and they helped make our wellness program a strategic investment in our employees.”

EVP, Administration
Hospital A

HOSPITAL B

Results

HEALTH RISK

87.2%

Of those with one or more health risks in year one, **87.2% either maintained or improved.**

BODY MASS INDEX

88.4%

Of those with a BMI of 30 Kg/m² or above in year one, **88.4% either maintained or improved.**

Testimonial

“My A1C went from almost 12 to 6.2 and today I’ve lost 70 pounds. I attribute that to the LivingLean program.”

Practice Coordinator
Hospital B



One size fits all doesn't work in wellness.

Wellness needs to work within your culture and demonstrate measurable ROI in the process. It's time to upgrade to a partner experienced in managing a range of plan design configurations.

LET'S TALK

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