

Our Classes

- ◆ Sit and Get Fit
- ◆ Cholesterol Management
- ◆ Diabetes Basics
- ◆ Smoking Cessation
- ◆ Fall Prevention
- ◆ High Blood Pressure Management
- ◆ Osteoporosis
- ◆ Walking Working Out
- ◆ Stress Management
- ◆ Fitness for Busy Bodies
- ◆ Stability Ball Workout
- ◆ Back Safety
- ◆ Stretching
- ◆ Weight Management
- ◆ Skin Cancer Awareness
- ◆ Deskercize
- ◆ ABC's of Better ZZZ's
- ◆ Healthy Holidays
- ◆ Posture Perfect
- ◆ Exercise and Cancer
- ◆ Motivation to Move
- ◆ Fitness "Fore" Golf
- ◆ Know Your Nutrition
- ◆ And More

We Also Offer:

- ◆ Flu Vaccinations
- ◆ "Ag & Oil" Industry Safety Meetings
- ◆ Group Fitness Classes
- ◆ Health Fairs and Events
- ◆ Assistance Arranging Discount Health Club Memberships
- ◆ Fitness Center Design Consultation

*Advanced Care through
Advanced Analytics*

Advanced Care Wellness



Advanced  Care
Wellness

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Worksite Wellness programs continue to gain in popularity, and with the growing effort to decrease healthcare costs and increase workplace productivity, continued expansion is expected.

Advanced Care Wellness (ACW) program has the experience, tools and clinical support to deliver the most comprehensive, fully-integrated worksite wellness program available. *Advanced Care Through Advanced Analytics* means our programs are dynamic, personalized, scalable and provide positive outcomes on a variety of key metrics.

ACW programs are custom-designed for each employer group and implemented to align with their existing workflow for maximum engagement. Our continuum of care and level of support, with clinicians, state-of-the-art technology, continual assessment process and delivery of service make **Advanced Care Wellness** unique. In addition, only ACW offers the **convenience of being a single vendor for all services**: health screenings, health risk appraisals, engaging classes, safety events, health fairs, flu shots, analytics, custom reporting, claims review and more, give employers the convenience of a single vendor for all their wellness services. Single vendor service means convenience, cost savings and seamless integration.

As the wellness industry continues to grow and evolve, employers can be confident that **Advanced Care Wellness** will be leading the way with its innovative tools, resources and support model.

ACW Core Products and Services

◆ On-site Biometric Health Screenings

These advanced screenings use the Cholestech LDX analyzer, the gold standard in the industry. Within 7 minutes, the participant is provided with lab accurate results in total cholesterol, HDL cholesterol, risk ratio, and glucose levels. Also analyzed are height/weight, blood pressure, Body Mass Index (BMI), body composition and pulse rate. Additional tests including full lipid profiles and fitness assessments are also available on-site.

◆ Health Risk Appraisal (HRA)

The ACW 70+ question health risk appraisal is distributed to worksite employees to gather information on stress, lifestyle, nutrition, activity, etc. The result is a 14-page Personal Wellness Profile (PWP) report for each individual. These confidential reports show their current state of health and risk factors as well as recommend realistic action steps specific to the participant. In addition, a variety of reports are available in aggregate format to uncover the populations risk factors, proposed areas for improvement with ROI and economic impact measures.



◆ Health Education Classes

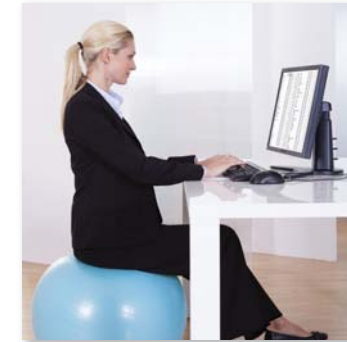
A variety of health education classes are offered. Classes not only involve disease management topics, but engaging, one of a kind topics as well. In addition, safety trainings can be incorporated. These classes include comprehensive handouts and meet NCQA requirements. A sample list of classes is provided in this brochure.

◆ Engagement Programs

Custom designed engagement programs encourage and empower employees to make and sustain healthy lifestyle behaviors. Successful programs have included walking challenges, 6-week calorie challenges, Office Olympics and much more. We can design a safe, effective and fun program specific to your worksite, population and goals.

Why Use a Wellness Program?

With the Affordable Care Act and its health promotion initiatives, worksite wellness can be expected to grow. Here are some facts about the worksite wellness industry.



◆ Employers will spend an average of \$521 this year, per employee on wellness-based incentives, which is double the per employee average of \$260 in 2009.

◆ Wellness is growing. Recent surveys reveal that 67% of employers had a least one wellness program in place this year, which is up from 45% in 2010.

◆ 77% of mid-size market employers plan to offer wellness-based incentives in the coming year. Compare this to the 38% of mid-sized market employers who offered in 2010.

◆ Employers differ on which programs are essential, but biometric health screenings and health appraisals are frequently cited as cornerstones of wellness programs.

In the most comprehensive worksite wellness study to date, RAND Corp. stated in their 2013 final report: "Consistent with prior research, we find that lifestyle management interventions as part of workplace wellness programs can reduce risk factors, such as smoking and increase healthy behaviors such as exercise. We find that these effects are sustainable over time and clinically meaningful. This result is of critical importance, as it confirms that workplace wellness programs can help contain the current epidemic of lifestyle-related disease, the main driver of premature morbidity and mortality as well as health care cost in the United States."

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