

Helping Executives and Leaders to H.E.A.L.T.H.

Our 10-week program targeted senior leaders and challenged them to focus on their personal well-being despite their demanding schedules.



of participants engaged in screenings, health coaching, and wellness webinars.



of participants completed all requirements to earn the incentive



"The personal coach created a very **individualized** program which was extremely helpful to getting me back on track with specific habits. She customized solutions that would work for me!"

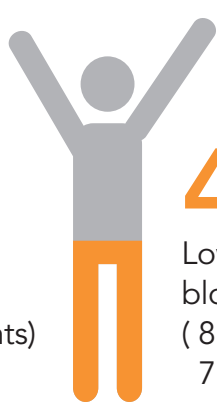
Senior leaders engaging in their own health also helps to build and sustain a culture of health at the organization

Results

Participants completed pre and post biometric screening*



Lowered their cholesterol (average 6 points)



Lowered their blood pressure (8 points systolic, 7 points diastolic on average)



Lost weight (5 pounds average)



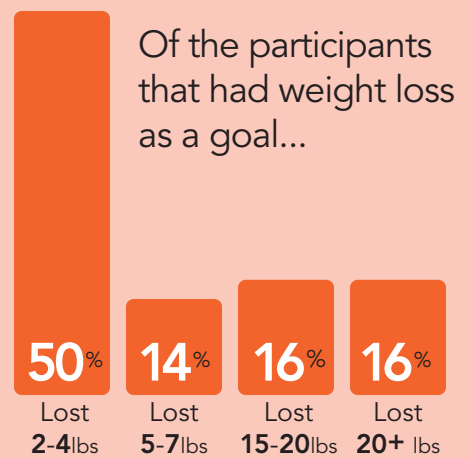
86%

Found it helpful to have a personal coach working with them throughout the program.



100%

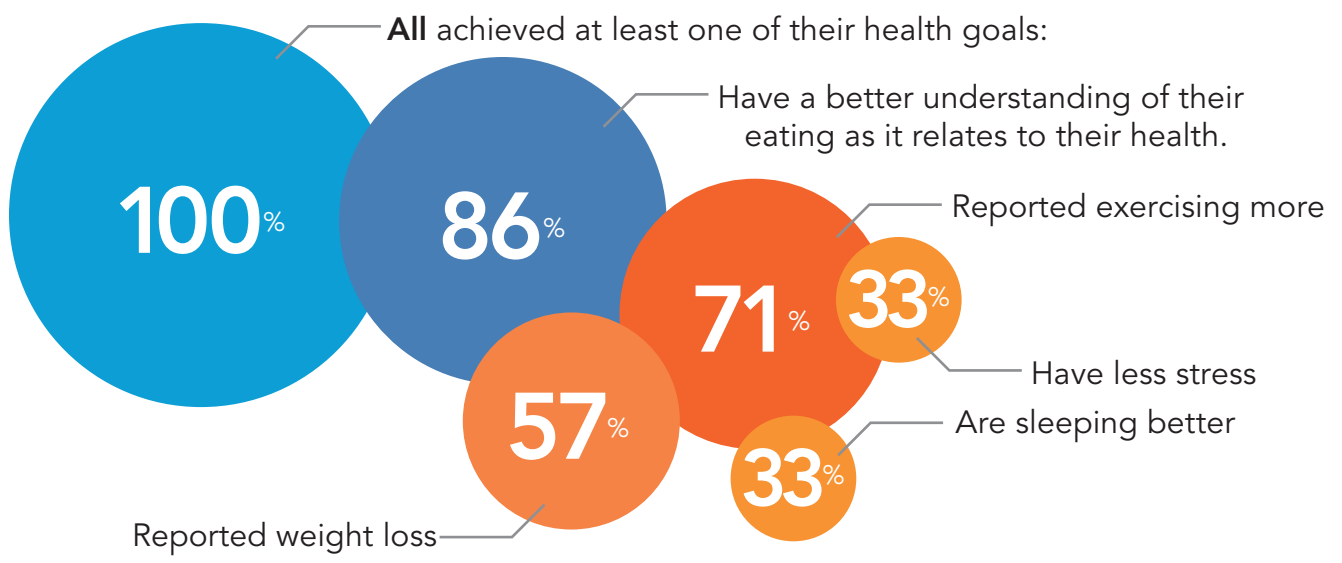
Rated satisfaction with their coach as a 4 or 5 out of 5—and would recommend this program to a co-worker.



Of the participants that had weight loss as a goal...

"The program was well constructed based on people's schedules and needs."

Outcomes



Takeaways

All achieved at least one of their health goals:

100% of responding participants reported adopting **new health strategies** since the start of the course.

- Mindful eating
- Choosing healthier options
- Decreasing portion sizes
- Staying on a regular sleep schedule

85% are **exercising** at least 3 days per week after completing the program (vs. 49% prior).

100% plan to continue using the strategies for improved health adopted during the program.

"I am planning meals that are healthier than take out and doing most prep work during down time on the weekend. It makes weekday evenings so easy. I **feel better** because I am eating better."

"I am much closer to going off one of my medications."



Wellness Workdays™

* H.E.A.L.T.H. survey and biometric data results were conducted by Wellness Workdays, 2016.