

Incentives done right.™

 **PUSH**  
for wellness.

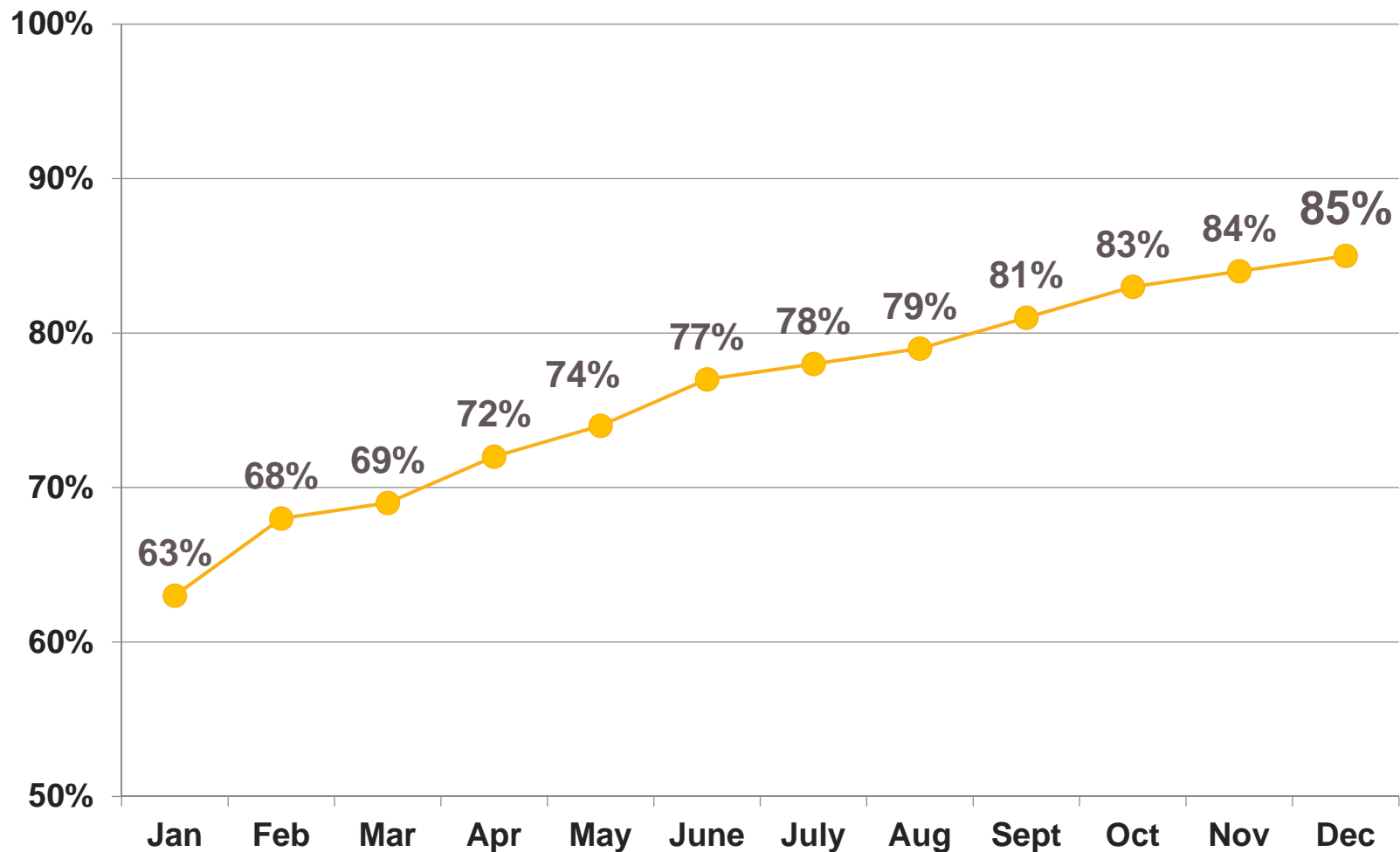
**CASE STUDY**

[www.pushforwellness.com](http://www.pushforwellness.com)

# COMMUNITY HEALTH CENTER NETWORK

- Non-profit healthcare service provider
- 210 employees at 7 sites
- Previous wellness program through insurer:  
**<10% PARTICIPATION**
- Started PUSH program January 1<sup>st</sup>, 2012
- Goals:
  - ✓ INCREASE ENGAGEMENT
  - ✓ IMPROVE EMPLOYEE RETENTION/SATISFACTION
  - ✓ MOVE THE NEEDLE ON HEALTH OUTCOMES

# RISING PARTICIPATION: JAN TO DEC



**PUSH program participation**

# VERIFIED HEALTH IMPROVEMENTS

**70 %** of eligible participants **improved** their health

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**97 %** of participants are **highly satisfied** with the program

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**87 %** of hypertensives **lowered their blood pressure**

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**67 %** of obese participants **lost weight** (7 lbs. avg)

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**57 %** of unfit participants **improved their fitness**

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**28 %** of smokers successfully **quit smoking**

# OVERALL HEALTH IMPACT

Change in risk from 2012 to 2013

