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 1st, 2012

Goals:
- ✓ INCREASE ENGAGEMENT
- ✓ IMPROVE EMPLOYEE RETENTION/SATISFACTION
- ✓ MOVE THE NEEDLE ON HEALTH OUTCOMES
RISING PARTICIPATION: JAN TO DEC

PUSH program participation

Jan: 63%
Feb: 68%
Mar: 69%
Apr: 72%
May: 74%
June: 77%
July: 78%
Aug: 79%
Sept: 81%
Oct: 83%
Nov: 84%
Dec: 85%
<table>
<thead>
<tr>
<th>Percentage</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>70%</td>
<td>Improved their health</td>
</tr>
<tr>
<td>97%</td>
<td>Highly satisfied with the program</td>
</tr>
<tr>
<td>87%</td>
<td>Lowered their blood pressure</td>
</tr>
<tr>
<td>67%</td>
<td>Lost weight (7 lbs. avg)</td>
</tr>
<tr>
<td>57%</td>
<td>Improved their fitness</td>
</tr>
<tr>
<td>28%</td>
<td>Successfully quit smoking</td>
</tr>
</tbody>
</table>
OVERALL HEALTH IMPACT

Change in risk from 2012 to 2013

- **Jan 2012**
  - High (≤65): 15%
  - Moderate (65-89): 40%
  - Low (≥90): 45%

- **Feb 2013**
  - High (≤65): 5%
  - Moderate (65-89): 37%
  - Low (≥90): 58%

Verified, biometric IMPACT

Risk category (PUSH Score)

- High (≤65)
- Moderate (65-89)
- Low (≥90)