



## Employees are saying “Thank You” to their Employers!

We have the data to prove total health management (THM) is a success, with increased participation rates, more preventive screenings, and improved health factor scores. But aggregate numbers don't begin to convey the real impact of THM, which is most importantly measured in individual successes as employees take advantage of their employer's choice to participate in the THM program. Many employees have quit using tobacco, lost weight, or started to manage their blood pressure and cholesterol levels. Some have even, for the very first time, had the recommended cancer screenings.

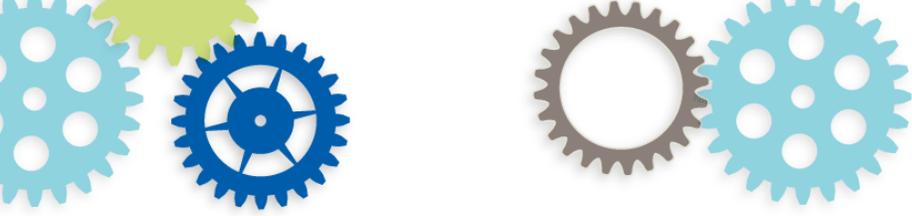
“Participating in Total Health may have saved my life!”

“After a coworker was diagnosed with late-stage colon cancer, my employer implemented incentives for participating in THM. As a result of preventive testing, some found anomalies! I am so thankful my friends and coworkers had a chance to take advantage of early treatment.”

*[We sincerely hope that none of the irregular readings are because of cancer, but we are pleased that those abnormalities were discovered at an early stage.]*

“I understand my own personal health better after going to my preventive visit, and with the help of my doctor, I've lost 10 pounds!”

*[Numerous participants have reported significant weight loss and new healthy diets as a direct result of their participation in THM.]*



“I’ve tried to quit smoking over and over again, and nothing worked. Total Health Management and my employer’s incentive to increase my health insurance premium contribution really pushed me to give it all I had. I’ve been smoke-free for a year!”

*[Several participants shared personal success stories of kicking decades-old tobacco habits.]*

“Thank you for encouraging me to get my preventive exam. After consulting with my Primary Care Provider, I am taking proactive steps to control the early onset of diabetes.”

“I’m over 40 and I’ve always paid close attention to my overall health and well-being. I race in local runs and triathlons, fuel my body to be at top performance, and I rarely get sick. I went to the doctor for the first time in years when my employer implemented the Total Health Management Wellness Program. I had no idea I needed to be treated for high cholesterol.”

Before our THM program began, we believed that if even just a few employees chose to change their lives in a positive manner, the program would be a success. Now, into our second year, we are highly encouraged that more than just a few employees have decided to define their own success as it relates to their health.

***We applaud Employers and Employees for choosing to Live Smart. Live Healthy.®***

***Wishing you the best in health!***