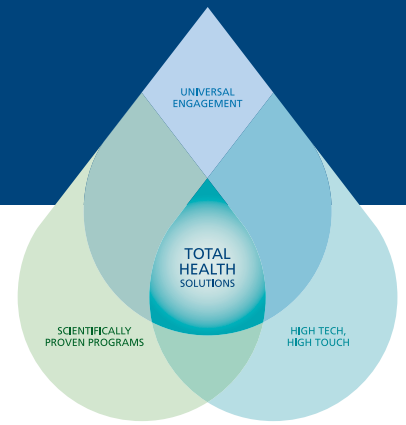




Strategic Wellness | Targeted Outcomes | Quantifiable Results



Our breakthrough method starts with three powerful elements:

Universal Engagement

- Reaches your *entire* employee population plus family members, whether they use other benefits or not
- Considers member's risk levels and readiness to change
- Addresses the full scope of health (physical, emotional, financial, work/life, etc.)

Scientifically Proven Programs

- Built on well-validated, evidence-based practices
- Proven to deliver quantifiable results for individuals and to your **organization's bottom line**.
- Developed by leaders in the field of health behavior change using 30 years of research and clinical trials

High Tech, High Touch Approach

- Delivers the right resources at the right time
- Anticipates underlying needs
- Provides insight into member behaviors, utilization rates, areas for improvement, etc.

Get more strategic about your wellness efforts, get better outcomes and get measurable results. Get it all with LifeCare's Total Health Solutions.

Industry statistics and research point to key areas of health-related risks:

- Weight Management
- Smoking
- Stress Management
- Exercise
- Managing Cholesterol
- Managing High Blood Pressure
- Depression Prevention

Each of these areas has a direct correlation to chronic diseases that lead to high cost medical claims, absenteeism, presenteeism and disability.

Each Total Health Solutions Lifestyle Management Program addresses these matters using a scientifically proven model that delivers measurable results.

PLUG AND PLAY PROGRAM COMPONENTS:

Choose some, or choose them all!

- Health Assessment
- Self-guided Lifestyle Management Programs
- Telephonic Lifestyle Management Programs
- Biometric Screenings
- Incentive Management

REPORTING AND MEASUREMENT:

Easy access reporting feature includes metrics on:

- Population health status
- Readiness to change, goals achievement
- Incentive fulfillment
- Biometric outcomes
- Participation rate
- Participant satisfaction
- Early identification of lifestyle risks