

TESTIMONIAL

Obesity Outcomes

PARTICIPANT PROFILE:

Female, 41

Ready-to-Change: Nutrition, Exercise

Health Profile: Open to Options

Weight: 207

BMI: 37.9

Waist Cir: 38 in (class 2)

High Risk: Sleep Apnea, Relationships

Mod Risk: Med Adherence, Stress

ENGAGEMENTS:

- Solutions: Healthy Weight, Mental Health
- 8 Advisory sessions (still engaged)
- 10 Mental Health sessions

COMMUNICATION:

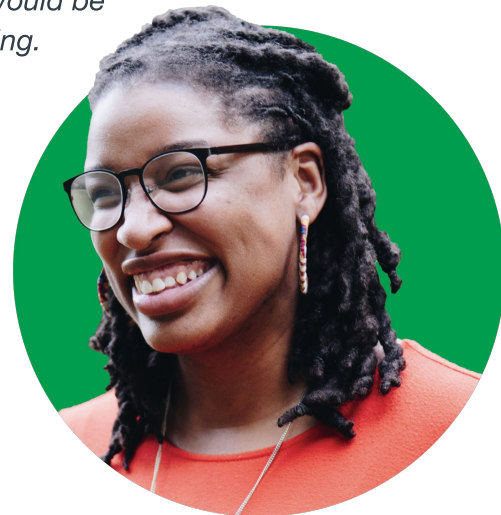
Primary Email & Portal Messaging

- Pre-Screening Mktg - 6
- Post-Screening Mktg - 5
- Checkup Referrals - 2
- Wellview Blog Eblasts - 9
- Clinical Support while engaged - 2
- Advisor Support while engaged - 30

OUTCOMES:

- **11% weight loss** (loss of 22 pounds)
- BMI moved to class 1

“ Ready to make a change
but thought it would be
too overwhelming.”



ANNUAL POTENTIAL COST SAVINGS:

\$1,429 BMI Reduction

\$853 10% or more weight change

\$528 Movement to class 1 obesity

\$1,364 Productivity