

## TESTIMONIAL

# Hyperlipidemia Outcomes

### PARTICIPANT PROFILE:

Male, 52

**Ready-to-Change:** Stress

**Health Profile:** For the Family

**Weight:** 238

**BMI:** 38.4 (class 2)

**Waist Cir:** 43 in

**Risk:** Hyperlipidemia controlled with statin therapy; A-fib

### ENGAGEMENTS:

- Solution: Healthy Living for Heart Health and Stress Management
- Health Screening
- 10 Advisory sessions
- 2 Dietitian sessions

### COMMUNICATION:

#### Primary Text & Portal Messaging

- Pre-Screening Mktg - 9
- Post-Screening Mktg - 3
- Checkup Referrals - 2
- Wellview Blog Eblasts - 9
- Clinical Support while engaged - 19
- Advisor Support while engaged - 26

### OUTCOMES:

- **9% weight loss** (loss of 36 pounds)
- **BMI reduced to 32.6** (class 1)

“ Access to professionals like my advisor and dietitian who listened, never judged and mentally challenged and prepared me to act upon my readiness to change.



### ANNUAL POTENTIAL COST SAVINGS:

**\$2,858** Weight change

**\$852** 10% BMI Movement

**\$1,364.00** Productivity