

TESTIMONIAL

Prediabetes Outcomes

“ With Wellview I have been able to successfully get on the right track and made a positive impact on my health. I believe it is a lifestyle I can stay with.



PARTICIPANT PROFILE:

Female, 56

Ready-to-Change: Nutrition, Stress

Health Profile: Healthy for Life

Weight: 159

BMI: 26.5 (overweight)

Waist Cir: 36 in

A1C: 5.8 (prediabetes)

Cholesterol: 200 (high risk)

COMMUNICATION:

Primary Email & Portal Messaging

- Pre-Screening Mktg - 3
- Post-Screening Mktg - 5
- Checkup Referrals - 1
- Wellview Blog Eblasts - 4
- Clinical Support while engaged - 1
- Advisor Support while engaged - 28

ENGAGEMENTS:

- Solution: Diabetes Prevention
- Health Screening & Healthy Living Consult
- 13 Advisory sessions
- 2 Dietitian sessions

OUTCOMES:

- **9% weight loss** (loss of 15 pounds)
- **BMI reduced to 24** (normal)
- **Cholesterol:** 174 (normal)
- **Waist Cir:** 30 in (normal)

ANNUAL POTENTIAL

COST SAVINGS:

\$1,429 Weight change

\$69 BMI movement

\$5,036 Type 2 Diabetes prevention

\$1,364 Productivity