

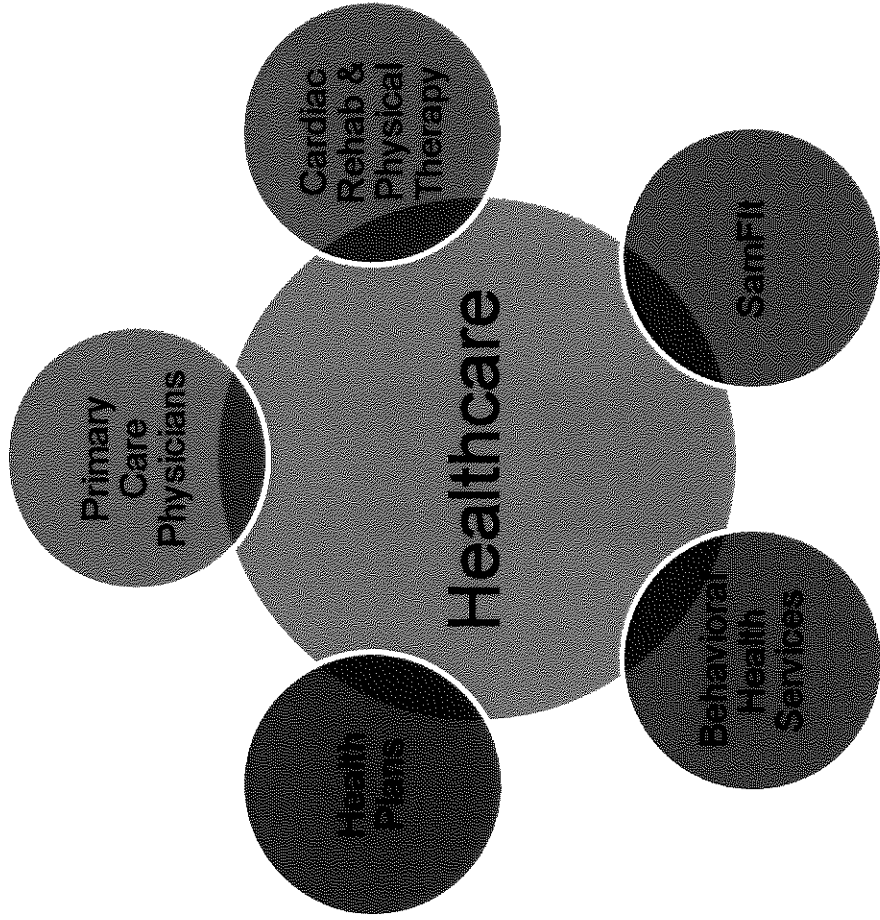
building
healthier
communities
together

Larry A. Mullins, DHA
President/CEO
Samaritan Health Services



New vision of healthcare

Interconnecting the health care system with a new type of disease prevention and proactive treatment



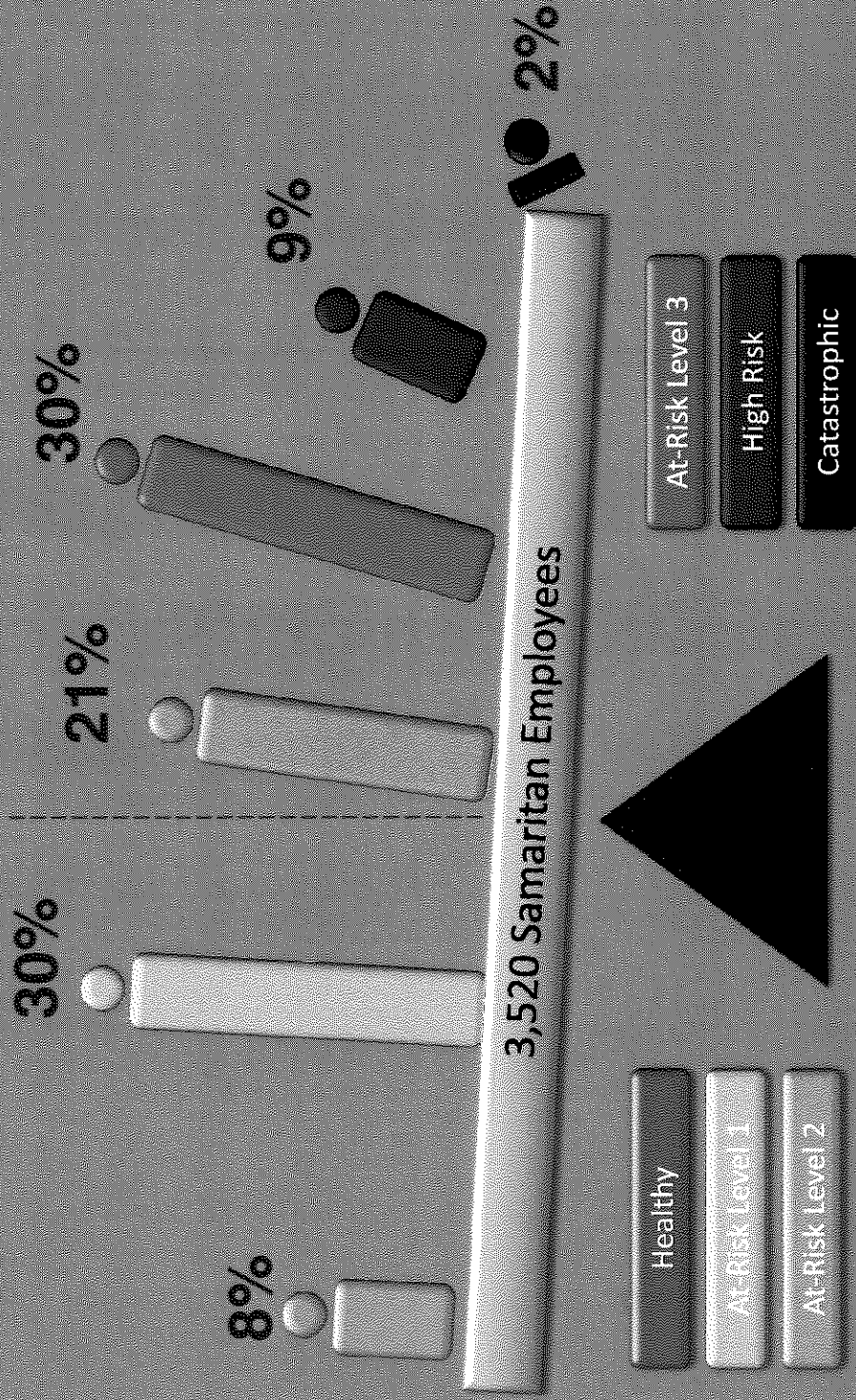


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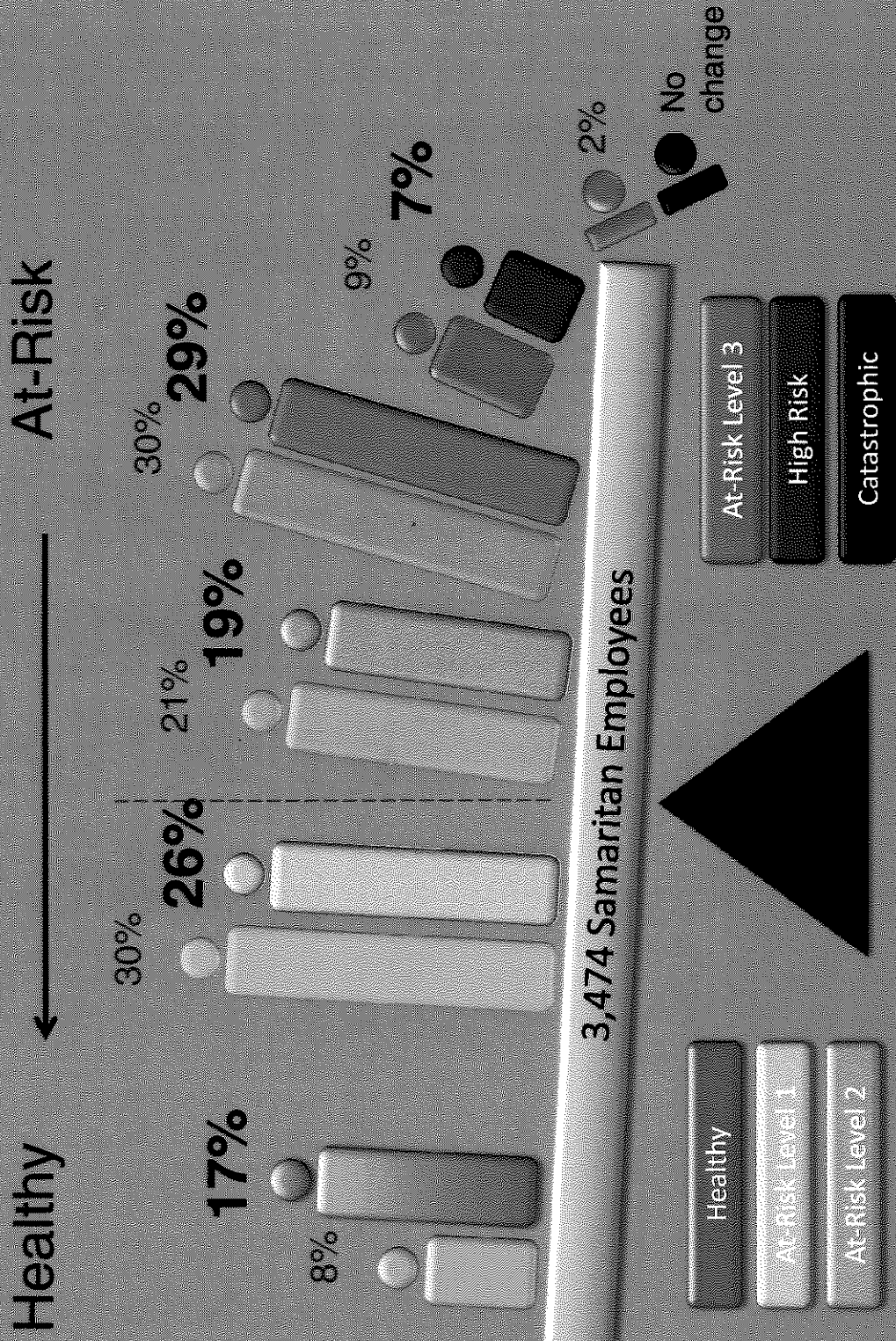
Be more than fit. **Be SamFit.**

2012: Where we started

Healthy ← At-Risk



2013: Moving in the right direction



Successes

88% employee engagement

2.2 tons weight loss

Reduction achieved in medical expenses' trend

8.3% improvement in total cholesterol

3% improvement in blood pressure

559 employees provided with important information regarding undiagnosed elevated, high, and diabetic glucose levels

Challenges

60% overweight or obese

57% do NOT meet physical activity recommendations

47% do NOT eat recommended daily amounts of fruits and vegetables

5% use tobacco

Is it all worth the effort?

- 5% reduction in worksite injuries resulting in workers compensation claims; equating to \$1 million.
- Over 2-ton weight loss each year.
- Medical claims reduction for those engaged in the wellness plan resulting in no premium increase in 2012.
- 16% Increase in premium for those who did not engage in the wellness plan.
- Beginning to engage those who were resistant to behavior change.

