

# WellNow™ congratulates our clients who won the 2010 Healthy WorkPlace Award.

PHILADELPHIA  
BUSINESS  
JOURNAL



**The Philadelphia Business Journal's Healthy WorkPlace Award honors companies who show exceptional dedication to creating a work environment that encourages healthy living among their employees.**

**We're proud that four of the winners are our clients,**  
and we commend them for their commitment to the well-being of their employees.

The health of your workforce directly impacts your profitability. WellNow uses onsite health screenings, risk assessments, and coaching to customize programs to the needs of your employees. Through our one-on-one approach, WellNow's coaches act as a personal trainer for each employee, providing positive reinforcement to help them become healthier, happier and more productive people.



## WellNow Results

### **St. Mary Medical Center Realizes Substantial ROI After Two Years**

St. Mary Medical Center Colleague Wellness Program began in 2008. In only two years, they have created a robust program engaging their 2,700 employees, achieving health and productivity savings approaching \$4 million against their previously forecasted costs. Their investment of \$300,000 has delivered real ROI.

St. Mary Medical Center and WellNow implemented a five-year plan to help employees improve their health and contain rising healthcare costs. Presently, employee claim trends have been reduced by 2% (after averaging 22% increases in the prior two years). 92% of the highest risk employees reduced their health risks. Additionally, St. Mary Medical Center was able to determine the impact of chronic conditions on claims, and 60% of claimants had a chronic condition, effecting productivity as well as medical costs.

It's not often that you have the opportunity to align your company's fiscal goals with the health and well-being of your employees. Contact us today to get started. **866-345-WELL** (9355) or [sales@wellnow.us](mailto:sales@wellnow.us)

