



The Methodist Difference :

Reduce health care costs. Increase productivity. Reduce absenteeism. Develop a culture of wellness. There are many benefits to Methodist Health System's Live Bright program and partnership, and the biggest one is the improvement that you'll see in your employees' health.

We're committed to improving and saving lives through compassionate, quality health care. With more than 86 years of experience serving the needs of North Texans, we've earned a reputation as a trustworthy health care provider. With the added perspective of being an employer in the health care industry, we've experienced great success with our own internal wellness program. In fact, 58 percent of our Live Bright program participants improved their health in just one year.

Here are a few of the things that make Live Bright unique:

Health management solutions from a trusted source: Unlike other health management providers, Methodist provides evidence-based health care. We have the people, experience, and resources to provide ongoing, quality health-improvement solutions to meet your population's needs on their journey toward wellness.

Personal relationships with qualified providers: We give your organization access to qualified providers and accessible care. This includes one-on-one support provided by our degreed health coaches, a Medical Home program where physicians nurture personal relationships with their patients, and routine medical care provided by our clinic services.

Flexible solutions: Methodist will work with you to customize a program that meets your population's needs, offering the flexibility to select services that will offer the most impact.

Quality preventive care: An ounce of prevention is worth a pound of cure. Our wellness services can help you reduce the overall cost of unhealthy habits and address chronic conditions before they worsen, potentially improving and even preventing health problems.

Targeted risk management: Our Medical Home program targets your organization's high-risk and high-cost population with physician-led care plans that deliver proven, positive results.

Benefits you can see: See the results of your Live Bright program in real time, with measurable health metrics such as biometric data trends, program utilization, and employee satisfaction.