

## ♥ Wellness :

Live happy. Live healthy. Live bright. Methodist Health System's Live Bright program is an easy, effective, and engaging way to help your employees and their dependents take control of their own health — and it can lead to amazing results. With interactive diet and exercise tools, wellness workshops, team challenges, and more, the program is packed with services designed to inspire positive action and produce measurable results.

### Services:

#### ☀ Health assessment

Each employee's journey begins with an online health assessment that uses 120 rules to calculate various risks. Health assessments take approximately 10 minutes to complete.

#### ☀ Risk advisor

Once employees complete their health assessment, they'll receive a risk advisor report with personalized recommendations and next steps.

#### ☀ Meaningful results

Easy-to-understand graphics communicate results in a meaningful way, including color-coded reports, screening results, and a wellness score.

#### ☀ Engaging health tools

Employees can download the mobile companion to help them track their progress wherever they go.

#### ☀ Healthy behavior challenges

Motivate your population with a variety of individual or team challenges that encourage healthy behaviors, teamwork, competition, and higher engagement.

#### ☀ Wellness workshops

Employers can select from more than 30 available wellness workshops, including smoking cessation, diabetes prevention, heart health, and more.

#### ☀ Integrated rewards

Your customized rewards program will award points for each task, workshop, or goal completed. Employees are motivated to accomplish tasks and earn meaningful rewards, such as discounts on insurance premiums.

**58%** OF METHODIST'S LIVE BRIGHT PROGRAM PARTICIPANTS IMPROVED THEIR HEALTH IN ONE YEAR.

**26.4%** OF THE OBESE POPULATION IN METHODIST'S LIVE BRIGHT PROGRAM REDUCED THEIR WEIGHT.