



"We have seen first-hand the reduced healthcare spending from decreased inpatient procedures and our Right Care approach."

Mark Herzog,
President & CEO
Holy Family Memorial



Comprehensive Right Care program saves HFM \$600,000.

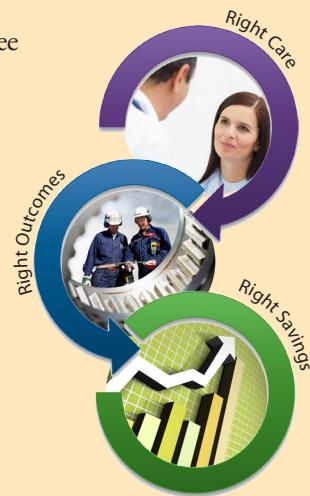
Holy Family Memorial believes in practicing what it requests of all other organizations. By implementing comprehensive healthcare programs to reduce inpatient procedures, Holy Family Memorial saved \$600,000. This doesn't even reflect the number of actual dollars saved from improved employee productivity, decreased absenteeism, and overall health improvement; which in turn, lowers healthcare expenses.

Holy Family Memorial's program is centered on employee wellness. It begins with annual Health Risk Assessments (HRAs), a comprehensive tool to evaluate employees' health risks; and other exercise and disease management factors.

There are three key goals:

- Identifying employee health risks and opportunities
- Keeping employees on the right wellness path
- Helping employees manage disease to be healthier

The result is increased long-term savings for your organization because employees will have fewer health risks.



BREAKING IT DOWN

- As demonstrated by the chart at left, during a 2-year period, HFM employees participating in disease management had dramatic improvements in reaching their individual goals related to high cholesterol, high blood pressure and diabetes.
- During a 4-year period, there was a 45% decrease in employees in high and extreme HRA risk categories – employees that typically represent 80% of total healthcare expenses.
- Employees with a high risk of body fat decreased by nearly 11%.
- There was a 22% increase in the average number of exercise hours.
- Overall, there was a 2 point improvement in HRA score, which equates to a 3.6% savings in reduced claims.
- HFM has not increased health plan premiums for 5 years and received the Wellness Council of America Gold Well Workplace Award in 2013.

