



America's obese workforce costs employers more than \$73 billion a year in health care costs, lost productivity and absenteeism. Empowris provides the tools to improve employee health and productivity.

Empowris is a qualified, accountable marketplace of weight management programs designed to reduce health care costs and produce healthier outcomes.

Healthier Workers Reduce Costs

Costs associated with obesity and weight management issues are staggering — for individuals, employers and their health plans. Obese and overweight employees are at increased risk for serious conditions such as coronary artery disease, type-2 diabetes, high blood pressure and other health problems. Studies show obese workers incur higher medical expenses than smokers, are two to three times more likely to be disabled and have higher absenteeism than healthy weight employees.

Research indicates that employers can decrease health care costs and decrease absenteeism by investing in employee health improvement programs — but only if these programs deliver measurable results and engage its participants.

Unfortunately, most corporate wellness programs begin and end with employee health assessments, failing to motivate behavioral change. In addition, there is no oversight to hold programs or employees accountable for achieving results.

Empowering Employees to Choose Healthy Lifestyles

Empowris offers a new approach — a qualified, accountable marketplace of a community's top weight management programs, designed to drive employee engagement and healthy outcomes. Through the application of clinically developed program credentialing criteria, Empowris ensures employees are using programs designed for results. And, by building in rigorous accountability standards for both programs and employees, success can be measured against investments.

Employer Benefits

- **Participant Pricing Model** — While most employer-sponsored wellness programs are priced for total employee populations, Empowris offers pricing based on eligible members that are actively participating in a credentialed program.
- **Clinically Driven Criteria** — Program acceptance and participation criteria is established by a clinical advisory board of weight management experts, including registered dietitians, psychologists and medical doctors with expertise in preventing and treating medical conditions resulting from being overweight.
- **Qualified Marketplace** — Empowris evaluates, selects and credentials qualified programs that meet clinically established standards to deliver proven results. Member participants can shop and select one of these weight management programs, tailored to their needs at aggressive rates.
- **Accountable Results** — Ongoing analysis and evaluation tools hold programs accountable for healthy outcomes and real time reporting provides a clear connection to member progress.
- **Network Management Expertise** — Based on HSM's more than 25 years of proven expertise in managing networks and controlling costs on behalf of health care payers, Empowris' approach leverages this deep industry knowledge with proven clinical expertise and best practices.

Empowris is a subsidiary of HSM Companies, Inc.

For more information, please call 651-287-4732 or email info@empowris.com

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