

# WellSteps Solutions Work

Scientific Evidence that WellSteps Solutions are Effective

**THE EVIDENCE SHOWS** that WellSteps employee wellness solutions are effective. That is why we guarantee employee engagement, health improvement, and a return on investment.

Employee related expenses due to health care, absenteeism, and poor productivity, are caused by unhealthy employee behaviors, elevated health risks, and chronic diseases such as diabetes. Independent research indicates that our solutions improve each one.

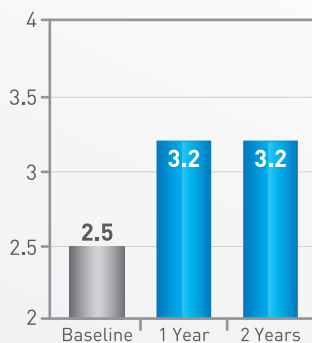


## WellSteps Improves Unhealthy Employee Behaviors <sup>1,2,3</sup>

These improvements are sustained for at least two years. When employees improve behaviors they cost less because they have fewer health risks and less chronic disease.

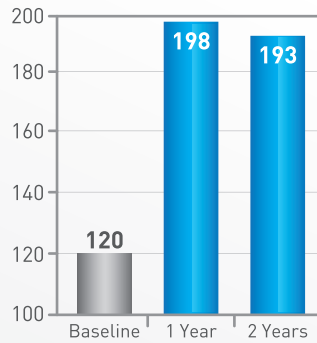
DAYS OF EXERCISE  
PER WEEK

**+23%**



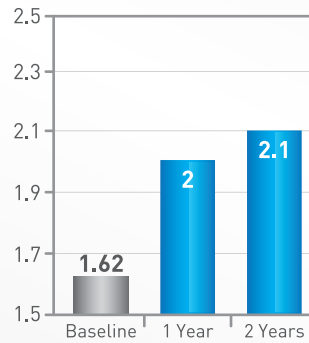
MINUTES OF EXERCISE  
PER WEEK

**+53%**



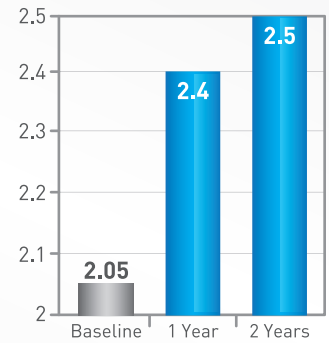
FRUIT SERVINGS  
PER DAY

**+15%**



VEGETABLE SERVINGS  
PER DAY

**+9%**



Contact us today to find out what WellSteps can do for your company.  
(801) 477-5447 | [WellSteps.com](http://WellSteps.com)



## Decreased Risk After One Year of WellSteps

	% Change
Decreased Body Mass Index	-46.0%
Decreased Systolic Blood Pressure	-34.7%
Decreased Diastolic Blood Pressure	-56.3%
Decreased Blood Glucose	-65.6%
Decreased Blood Cholesterol	-38.6%

## Percent No Longer High Risk After One Year of WellSteps

	% Change
Body Mass Index	11.6%
Systolic Blood Pressure	39.4%
Diastolic Blood Pressure	70.7%
Blood Glucose	38.9%
Blood Cholesterol	40.7%

## Your 150% Return On Investment Is Guaranteed

The WellSteps model has been shown to reduce absenteeism. One employer saved \$15.60 per dollar invested due to reduced absenteeism.<sup>8</sup> A WellSteps client saved \$3.32 per dollar invested due to reduced cost of claims.<sup>9</sup> With this type of evidence, we can comfortably provide a performance-based guarantee that every WellSteps client will return a minimum of 150% on their wellness investment.

The entire body of scientific evidence on the ROI of wellness programs was used to create the WellSteps ROI calculator.<sup>10</sup> With this free tool, any worksite can accurately estimate the financial impact of using WellSteps wellness solutions.

## WellSteps Lowers Chronic Disease Risk

Employees who participate in WellSteps learn to adopt and maintain healthy behaviors, which lowers chronic disease risks as recently demonstrated.<sup>4</sup> WellSteps solutions are based on science that has been documented to reverse diabetes<sup>5,6</sup> and stop the risk factors that cause heart disease.<sup>7</sup> In one study, the number of employees diagnosed with diabetes was cut from 44 to 26 after just one year.<sup>5</sup>

"WellSteps has been and continues to be a valuable partner with Kaiser Permanente. Our employer groups are very happy with the work WellSteps has provided."

Tom Carter  
Vice President, Sales and Broker Relations  
Kaiser Permanente

### REFERENCES

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