

Driving engagement and health improvement in the healthcare industry.



Hospitals and health systems are fighting rising healthcare costs. Hospital employees utilize more health plan services and carry a higher burden of chronic illness than the average U.S. employee in other segments.¹

Healthcare workers can also be hard to engage. Long hours, shift work and high levels of stress and burnout make it hard for healthcare workers to focus on their own health and well-being at and outside of work.

Bravo designs wellness programs and engagement strategies that resonate with healthcare workers and rewards them for improving and maintaining their health. **And we have the data to prove it.**

Healthcare Client Results

84.3%

of participants **reduced a health risk** or maintained their health.

3,953

participants in year five automatically **earned an incentive for improving their health.**

	Bravo Healthcare Population	U.S. Adult Population
Obesity	37.3%	39.8% ²
Hypertension	13.1%	45% ³
Diabetes	20.9% prediabetes 5.4% diabetes	34.5% prediabetes ⁴ 9.4% diabetes ⁴
Tobacco Use	9.2%	13.7% ⁵



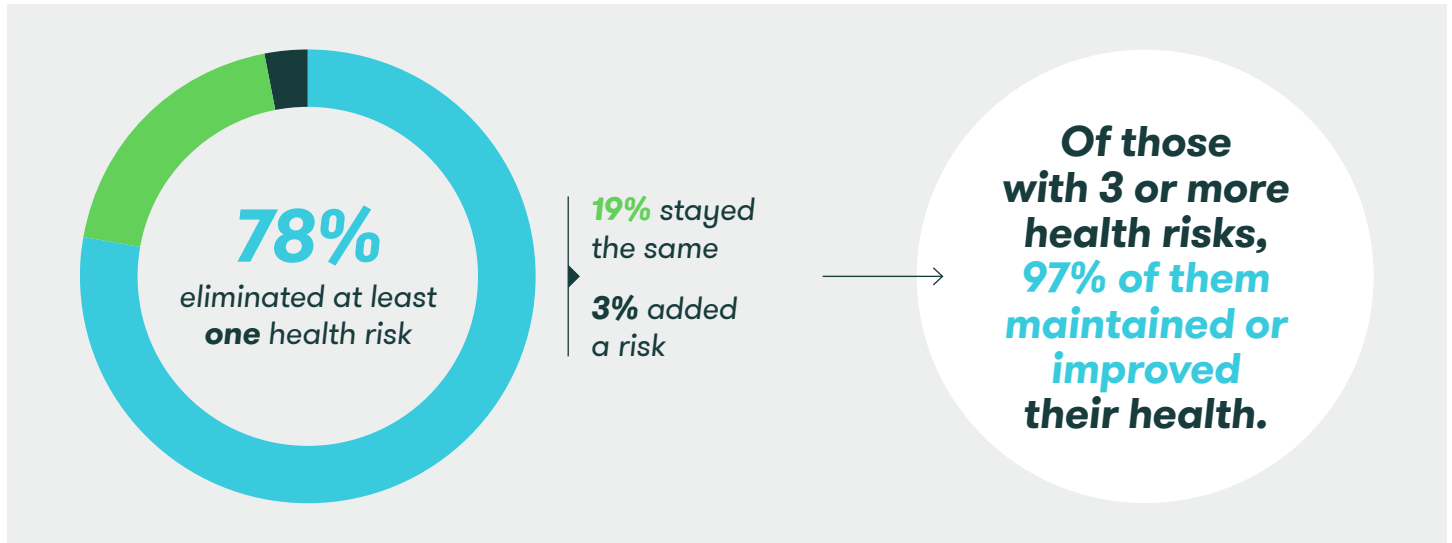
- ✓ Review of **16** clients in the healthcare and social assistance industry including hospital systems, senior living and long-term care facilities, pharmacies, and more
- ✓ Participants were part of a **5-year** cohort population which included over **16,000** people
- ✓ **96%** Employees
4% Spouses
- ✓ **78%** Female
22% Male
- ✓ Average age female:
42.9 in year one
46.8 in year five
- ✓ Average age male:
43.2 in year one
47.2 in year five



Progress, not perfection.

With Bravo, participants are rewarded for meeting and **making progress** towards healthy measures. For example, rewarding participants who achieved 5% weight loss or improved their blood pressure reading since their last screening.

That's how you make health improvement more achievable.



20.4% of participants who were overweight or obese went down at least 1 weight class; **11.8%** are no longer obese.

28.4% of smokers quit using tobacco.

24.9% of participants with high LDL cholesterol moved into the healthy range.

42.6% of participants with high blood pressure moved into the healthy range.

43.9% of participants with high glucose levels moved into the healthy range.

“I set a goal a year and a half ago to lose 100 lbs. within two years. I’m 18 months in, and only 10 lbs. away from my goal! I wanted to meet the goal of a 3% weight reduction by the company wellness screening last year, and blew that away!”

– SARAH WISE, Ardent

¹Taylor M, Bithoney W. 2012. “10 Steps to Developing a Culture of Health for Hospital and Health System Employers.” Truven Health Analytics. https://img.en25.com/Web/TruvenHealthAnalytics/EMP_11759_0812_10steps2cultureOFhealth_WEB.pdf

²Centers for Disease Control and Prevention (CDC). “Adult Obesity Facts.” 2016. <https://www.cdc.gov/obesity/data/adult.html>

³Centers for Disease Control and Prevention (CDC). 2019 “Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among US Adults Aged 18 Years and Older Applying the Criteria From the American College of Cardiology and American Heart Association’s 2017 Hypertension Guideline—NHANES 2013–2016.” US Department of Health and Human Services. <https://millionhearts.hhs.gov/data-reports/hypertension-prevalence.html>

⁴Centers for Disease Control and Prevention (CDC). 2020. “National Diabetes Statistics Report.” <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>

⁵Centers for Disease Control and Prevention (CDC). 2018. “Smoking & Tobacco Use Fast Facts and Fact Sheets.” https://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm