

What can the #1 Respiratory Hospital in the Nation Do to Reduce Your Health Care Costs?



At National Jewish Health, we've been researching and treating some of the most wide-spread medical issues for over 100 years. Today, obesity is the fastest growing medical issue in our nation, and a health care cost driver for almost one-third of the U.S. adult population. This costly epidemic demands the best medical practices available, and National Jewish Health has incorporated these practices into an innovative weight and fitness management program – FitLogix[®]. The FitLogix program not only aims to prevent and reverse overweight and obesity, but the program has also shown it can significantly decrease healthcare costs.

It Makes Health Sense



Few obese individuals achieve and sustain optimal weight-loss in their initial attempt. The majority of obese individuals have been overweight for many years and typically cycle through multiple periods of relapse. We understand the relapsing nature of weight loss and the requirement for ongoing treatment and support.

Our program is built on the foundation of one single key component: Engagement. We start by engaging participants in the process of behavior change through consistent one-on-one education and support with a health coach, feedback from interactive monitoring devices, web interaction and strategically provided periodic incentives.

We have developed an evidence based program that has demonstrated effective and sustained weight loss results and a positive return on investment. Our scientific approach to evaluate all aspects of our program and make changes based on research is just one of the reasons why FitLogix is different. Participants in the FitLogix program have changed their sedentary lifestyle, improved their nutrition, lost weight and kept it off, and become healthier in the process. It makes sense for your employees' health and your bottom line.

With FitLogix, you get access to a range of program options, so you can customize portions of the program to meet your needs, anticipate your program costs and ensure your program will result in healthier and happier employees.

We've Worked Out the Best Program for You



FitLogix is a 52-week program with activity and nutrition lesson modules that can be conducted at the participant's own pace. All programs include:

- Coaching calls providing one-on-one support
- A structured, interactive web program that offers customized content
- Progress tracking for activity, calories and weight loss
- Guidance for participants with co-morbid conditions, such as Type II Diabetes, chronic heart conditions and other weight related diseases
- Full reporting capabilities capturing outcomes and return on investment

We have developed three program offerings to address all levels of weight, from normal to obese. Your company can choose one or all three of these depending on your needs and goals.

FitLogix I

FitLogix II

FitLogix III

	FitLogix I	FitLogix II	FitLogix III
Target Population	Normal weight, no co-morbid conditions	Overweight, no co-morbid conditions	Obese or co-morbid conditions related to excess weight (type II diabetes, high blood pressure, coronary artery disease)
Body Mass Index (BMI)	BMI less than 25	BMI of 25 to 29.9	BMI 30 or greater
Program Design	FitLogix I is designed for individuals who maintain a healthy weight and are interested in monitoring how much they exercise and how many calories they burn.	FitLogix II is designed for individuals who are at risk for developing costly co-morbid conditions if they continue to gain weight. These individuals have not reached the threshold for significant medical problems yet. This program provides tools to monitor weight (an essential element), as well an interactive website to record activity levels and calories burned.	FitLogix III is designed for individuals who have likely had a lifetime of difficulty controlling their weight and have limited activity commensurate with their calorie intake. This program is our most intense and offers consistent feedback and support throughout the year, as well as incentives to encourage a high level of engagement.
Touch Points	These individuals have not struggled with significant weight gain and do not require personalized coaching.	These individuals receive one year of coaching support to instill accountability, provide support and feedback, problem solve obstacles, and monitor progress.	These individuals receive one year of intensive coaching support to create a new, healthy approach to eating and exercise through extensive behavior modifications.
	<ul style="list-style-type: none"> ▪ One inbound enrollment call ▪ One outbound coaching call 	<ul style="list-style-type: none"> ▪ One inbound enrollment call ▪ Five outbound coaching calls ▪ Unlimited telephone access to FitLogix coach 	<ul style="list-style-type: none"> ▪ One inbound enrollment call ▪ Twelve outbound coaching calls ▪ Unlimited telephone access to FitLogix coach
Tech Tools	FitLogix I provides an accelerometer to track steps and interactive tools to monitor performance over time.	FitLogix II provides all the tools of FitLogix I, plus an electronic scale to monitor weight (an essential element), and dashboards to track activity, calories burned and weight.	FitLogix III provides all the tools of FitLogix I and II.
	<ul style="list-style-type: none"> ▪ Results dashboard (PC, mobile) ▪ Social media (chat) ▪ 52 Healthy Steps lessons ▪ 24/7 interactive web-based support ▪ ActiPed and ActiLink tracking equipment 	<ul style="list-style-type: none"> ▪ Results dashboard (PC, mobile) ▪ Social media (text, chat) ▪ 52 Healthy Steps lessons ▪ 24/7 interactive web-based support ▪ ActiPed and ActiLink tracking equipment ▪ ActiScale ▪ Four \$10 incentives 	<ul style="list-style-type: none"> ▪ Results dashboard (PC, mobile) ▪ Social media (text, chat) ▪ 52 Healthy Steps lessons ▪ 24/7 interactive web-based support ▪ ActiPed and ActiLink tracking equipment ▪ ActiScale ▪ Four \$10 incentives
Incentives	Critical to establishing behavioral changes that result in healthier lifestyles is keeping individuals engaged in the process. Two effective ways to engage employees and support a company culture shift towards health are to 1) foster competition among different groups within your company, and 2) reduce health care premiums for reaching a wellness goal. We can work with your human resources team to establish meaningful incentive programs with realistic goals based upon activity levels, and to establish a reward system for those who achieve their goals or win the competition.		

When you partner with National Jewish Health, you get a team dedicated to helping improve your employees' health and manage your healthcare costs. FitLogix has successfully helped many companies

- Decrease healthcare risks and costs
- Decrease days off due to weight related illnesses
- Improve employee/member morale, productivity and health
- Result in a positive return on investment

Improve Health, Improve Your Bottom Line



To schedule a demo of the FitLogix program or request more information, contact.

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