

FitLogix®

A Proven Behavior Modification Fitness Program



FitLogix® is a behavior modification approach to weight management and sustained fitness. It was developed and is operated by National Jewish Health®, the nationally recognized academic medical center in Denver, Colorado. FitLogix was developed through years of disease management research and experience by our team of physicians, clinical psychologists and specialists in weight-related disease states. The program is based on over 30 years of institutional success in telephonic disease management and behavioral modification programs.

FitLogix is a proven, state-of-the-art, fitness and weight management system specifically designed to address weight related health issues. Participants have changed their sedentary lifestyle, improved their nutrition, lost weight and kept it off, and become healthier in the process.

The FitLogix System

The FitLogix system evolved from our highly successful smoking cessation program, QuitLine, that was developed and is operated by National Jewish Health. Our QuitLine model has achieved one of the highest smoking “quit” rates in the country, helping hundreds of thousands of people quit their tobacco addiction. We have applied this successful model of behavioral modification to FitLogix.

The FitLogix Program

- Improves employee/member health
- Decreases healthcare risks and costs
- Decreases disability costs
- Decreases days off due to weight related illnesses
- Improves employee/member morale and productivity
- Increases employee/member retention
- Leads to a positive return on investment

The FitLogix Goals

- Weight reduction
- Improved physical fitness
- Healthy lifestyle choices
- Sustained behavioral change for weight maintenance
- Decreased dependence on weight related medications and medical treatments

The FitLogix Difference

- Medically oriented behavioral change program
- One-on-one coaching with coaches trained by medical and fitness experts and psychologists specializing in behavior modification and motivational interviewing techniques
- State-of-the-art weight and activity monitoring system
- 52 weeks of activity and nutrition lesson plans
- Online and telephone support
- Program can be performed alone or in virtual groups
- Participant incentives to increase retention



**For More Information on the
FitLogix® Program, Please Contact
Michelle Shockley at
720-810-3830**

It Makes Health Sense

Obesity is a healthcare cost driver for almost one-third of the U.S. adult population. This costly epidemic demands the best medical practices available. National Jewish Health has incorporated these practices into the FitLogix model and aims to decrease the health care costs associated with obesity.

FitLogix® is a Proven Medical Approach to Lifelong Fitness

FitLogix includes

- A 52-week program with activity and nutrition lesson modules that can be conducted at the participant's own pace
- Coaching calls providing one-on-one support
- A digital scale and activity meter with a wireless connection to a personal computer through an antenna that allows participants to track their fitness success
- A structured, interactive web-enabled program that offers customized content along with expert and professional chat opportunities
- An emphasis on 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
- Second year available upon completion of the initial 52 week program for continued weight management and fitness support

FitLogix is not a diet or weight loss program. It is a sophisticated fitness program designed to achieve sustainable positive results for those individuals whose weight is a health risk, concern, or actual cost driver.



Activity Meter



Phone Support



Electronic Scale



Online Support



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Why Choose FitLogix®

- Results from our study with an independent Health Plan demonstrate that FitLogix is an effective fitness program. Participants achieve sustainable health benefits which significantly **reduce healthcare visits and costs in the first year of the program**. FitLogix provides an impressive return on investment for the client in year one which can be maintained by a year two maintenance program.
- **30 years experience** providing successful telephonic behavior modification coaching.
- **Focus on long term behavior change** for a sustained level of physical fitness.
- **State-of-the-art online and telephone programs.**
- **Flexible incentive program.**
- **Specialized programs for people with co-morbid conditions**, such as Type II Diabetes, cardiovascular diseases and other conditions related to obesity.
- **Client marketing support** with customized branding, marketing consultation, and licensure opportunities.
- **Unique program design** with flexibility to meet the needs of health plans, employer groups, third party administrators, self insured employers, and State agencies.

Call us to discuss how we can meet your healthcare needs and save future healthcare expenditures.



The FitLogix Web site provides personalized activity and calorie consumption tracking. Participants can see their accomplishments, as well as the areas where they need to work.