

## Executive Summary

Wellness Data Solutions (WDS) provides a tool for use in corporate wellness programs to identify and provide guidance to employees in order to improve their health. The tool relies on objective measures of health risk, particularly for metabolic syndrome and chronic disease.

Metabolic Syndrome is a cluster of risk factors that elevate a person's risk for developing heart disease, diabetes, stroke and other chronic conditions<sup>1</sup>. WDS has developed a report that provides visual feedback to employees about their metabolic risk factors to help them make decisions about lifestyle changes that can reduce their risk for developing chronic disease, or improve the management of those conditions. The feedback report provides results about the components of metabolic disease in their proprietary Health Risk Index (HRI).

The results presented in this summary, are from 3 companies who have engaged WDS to measure health risk factors in their employee populations, provide health education on an individual basis to improve health, and reduce health care costs.

Overall results indicate that after 1 year, employees had:



*Significant reductions in Risk Scores*



*Significant reduction in Blood Pressure levels*



*Significant reduction in blood Glucose levels*



*Significant reduction in Waist Circumference*