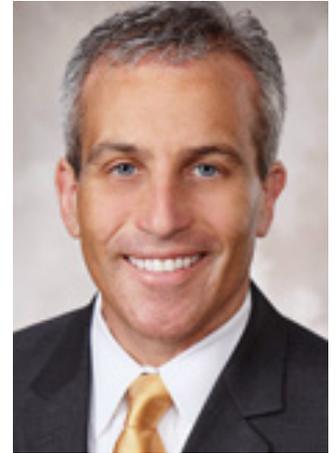


Lee Memorial Health System Employee Health Cost Reduction

Like with most other employers, at LMHS ~20% of the employees are responsible for ~80% of the annual health care expenditure, with ~75% of these costs related to chronic diseases. Arresting and reversing these diseases was deemed a priority and a pilot program, using CHIP as the key intervention tool, was scheduled. 30 employees and spouses that are on the LMHS health plan were selected and taken through the 3 months CHIP intervention, to determine if the actual health care expenditure for these health plan members could be reduced (12 months pre-intervention actual costs vs 12 months post-intervention actual costs, with acute care expenses backed out). The pilot program ran from March 2013 to March 2014, with 28 participant completing the pilot period, while 2 participants quit their employment at LMHS.

“At LMHS, we are committed not only to the health of our patients, but also to the health of our employees. I have personally experienced the increase in energy, vitality and wellbeing that making good lifestyle choices bring. I want our employees to feel the same!”

Scott Kashman
Chief Administrative Officer,
Cape Coral Hospital



“Lifestyle – the way we eat and the way we move – has a huge impact on the prevention, arrest and reversal of chronic disease. As a medical innovator it would be remiss of LMHS to withhold these life-changing programs from our staff and patients.”

Dr Salvatore Lacagnina
Vice President of Health and Wellness



**LEE MEMORIAL
HEALTH SYSTEM**



LIFESTYLE
MEDICINE
INSTITUTE

PROVEN RESULTS *Priceless benefits*

"I was not sure I would be able to make the transition to better eating, but I surprised myself. It was interesting to try new foods and I am enjoying seeing my lab work get better and better. So, all I say is to do it—give 100 percent for a year and look back on your progress."

Donna Rosenthal, RN, Neonatal Intensive Care Unit, Golisano Children's Hospital of Southwest Florida

"CHIP is a gift you give yourself. As health care professionals we are always helping others, often forgetting about ourselves—CHIP is the solution to that problem. With CHIP you will have more energy and clarity, as well as overall health improvement. I cannot say enough good things about the program and the facilitators will be there to guide you and support you. Do something for yourself today—join CHIP."

John Angelucci, CT Technologist, HealthPark Medical Center

Financial ROI

Investment of **\$37,800**; **12 months post CHIP intervention health expenditure saving** (vs 12 months pre intervention) **\$70,155 = 1:1.8**

The Results

average
weight loss

17.1
pounds

average

LDL

improvement

20.7
points

average

Cholesterol decline

27.7
points

average

BMI

improvement

6.7
points

blood pressure
normalization

in most
participants

"I have found that I feel so much better, and people have told me I look better. I feel that this is the best thing I have ever done for myself, and my husband."

Sharon Laakkonen, Customer Service Representative, Convenient Care, Page Field

"With CHIP's help, I have lost—and kept off—30 pounds for more than 9 months. My cholesterol has been reduced from a consistent 200-202 to a consistent 160 now."

Mary Paredero, Director, Cape Coral Hospital Emergency Department