

Workplace Tips:

- Offer healthier food choices in vending machines and cafeterias.
- Provide onsite weight management classes or Weight Watchers meetings.
- Sponsor a corporate walking program or competition.
- Provide discounted gym membership fees to an area fitness facility.
- Make the workplace smoke-free to promote tobacco cessation.
- Offer free or discounted nicotine patches, nicotine gum, and support programs.



Personal Care Management

— Changing Lifestyles

MedCost's Personal Care Management nurse health coaches take a holistic approach to participant care, evaluating all aspects of a member's situation, from lifestyle and habits to knowledge about a particular health condition, in addition to medical history and claims data. Using this information, the nurse health coaches encourage and empower members to reach small, incremental goals to improve their overall wellbeing.



Changing Lifestyles

Body Mass Index (BMI) is used to classify levels of overweight and obesity.

- 59% of PCM participants are classified as obese.
- 84% could benefit from weight loss.

Since being overweight or obese can contribute to or worsen a serious medical condition, many PCM participants set goals related to increased exercise and better nutrition.

- Nearly 70% of all PCM participants set goals for improving their diet, of which 80% successfully change their habits to make healthier food choices.
- Over 75% of participants set goals for increased exercise, of which nearly 70% show improved exercise habits.
- Because of better nutrition and exercise habits, PCM participants lost a total of 1,561 pounds in 2008.

Another lifestyle factor contributing to major health issues is the use of tobacco. According to the Centers for Disease Control, tobacco use causes many diseases and reduces the health of smokers in general*.

- After enrollment in the PCM program, 38% of tobacco users stop or reduce tobacco use.

*Smoking & Tobacco Use Fact Sheet: Health Effects of Cigarette Smoking, Centers for Disease Control