

## Reduce or contain your health care costs through an innovative, activity-based wellness program

Increase wellness and reduce health costs with an accountable, physical activity program for adult health plan insurees.

- Preventative measures have been shown to save organizations as much as \$350 per employee per year. (Martinson – 2003)
- Increasing activity levels of employees 50+ has been shown to decrease health care charges as much as \$2,200 per year. (Martinson – 2003)
- Using existing health claims data, Predictive Modeling identifies and addresses better management of existing or potential chronic diseases thereby reducing health costs.

*“At Annual Conference I was 270 pounds and my cholesterol was 330, blood sugar 126. I saw a doctor when I got back. He recommended a heart healthy diet and lots of walking. I was 244 pounds this morning and my goal is 197.” – Actual Pacer*

The Amazing Pace by LifeBux offers faith-based health plans a path to increase wellness and to control rising health care costs through:

- Activity
- Awareness
- Accountability
- Measurable Results

## Optional Program for Health and Costs Improvements

Predictive Modeling and Disease Management are a tremendous opportunity to improve Conference insurees' wellness

LifeBux encourages Conferences to consider Predictive Modeling which utilizes the same health claims data in a HIPAA compliant analysis to identify the most “at risk” insurees whose disease situations are most threatening and costly.

### Sample Predictive Model Report Showing Gaps in Care

Guideline Compliance Profile	# Members w/ Disease	# Members w/ any Gap	Average % Compliance
Asthma	29	20	51.7%
CAD	124	93	58.8%
COPD	26	13	58.5%
DVA	31	29	38.4%
Depression	19	7	60.5%
Diabetes	210	201	39.9%
Drug Management	470	335	30.0%
Heart Failure	14	10	77.3%
Hypertension	140	88	57.3%
Low Back Pain	88	28	81.1%
Migraine Headache	18	4	87.8%
Multiple Sclerosis	3	0	100.0%
Osteoporosis	202	148	18.6%
Pregnancy Care	14	14	52.3%
Preventive Care	1473	1085	40.1%
Preventive Care-Women	465	521	31.2%
Renal Failure	8	6	25.0%
Rheumatoid Arthritis	8	6	67.1%

- Potential serious health risks are also identified for preventative measures to avoid developing a chronic disease.
- Optional certified health advisors counsel and encourage insurees to ensure the proper physician-prescribed medications and treatments are being followed as well as suggesting better lifestyle choices.
- Appropriate professional and friendly coaching provides an “intervention” that can spare the insuree developing serious chronic diseases. Addressing health risks early can save significant health care costs.

#### For additional information contact:

Lee Burdine  
LifeBux, LLC

P.O. Box 703 • Columbus, MS 39703  
1-800-748-9697, ext. 201 – Lee@lifebux.com

Take the STEP to reducing health plan costs while improving the health and wellness of your Conference



Presenting

The  
**Amazing**  
PACE™

By LifeBux

## LifeBux provides Conferences of The United Methodist Church tailored wellness and disease management programs to integrate with individual Conference health plan wellness goals.

The Amazing Pace program meets the needs for:

- Ongoing proof of each member's adherence to health promoting behaviors espoused in mission statements and health "covenants"
- Predictive Modeling that offers a HIPAA compliant integration with better management of current chronic diseases as well as preventive guidance to reduce future chronic disease health risks
- Measurable analysis of health claim data and ROI results
- Managing health costs/stop loss discounts
- Measurable increases in physical activity
- Individual Methodist Conference District teams to increase program support and motivation through competitive challenges
- Customized incentive catalog for additional motivation
- Better management of:
  - Diabetes
  - Hypertension
  - Asthma
  - COPD
  - Coronary Heart Disease

*"I really appreciated the patience and help Maureen (Certified Health Advisor) gave me when I used the optimal health route. This has really helped me move from being almost totally dependent to sitting in my chair to doing things I have not been able to do in several years."*  
 – Actual Pacer



### The Program

**Activity** – Walking is measured by state-of-the-art, web-based uploadable pedometer. Each pedometer connects to a computer to accurately record each participant's steps/activity.



**Awareness** – Participants log onto their personalized, secure status page showing daily walking/steps compared to the rest of the Conference (see the individual's blue bars & Conference's orange line)



Individual's progress  
 Conference progress

Your Methodist Conference Districts Team's Progress

*"I needed the discipline/accountability of something measurable like the pedometer. There is no stretching the truth on a pedometer. It measures what I do"* – Actual Pacer

### The Program

**Awareness** – Pacers become more aware of their activity level, progress towards their goals and team progress. Administering Health Risk Assessments increases awareness of medical conditions and appropriate care and management of any health risks.

*"It becomes really fun to walk together and know that you're helping someone else. We really consider this a team effort. The pedometer really holds it in front of you!"* – Actual Pacer

**Accountability** – Unlike self-reporting programs, LifeBux offers an accountable, web-based reporting system that eliminates guess work recalling daily activity levels. Studies have shown consumers often inflate self-reported information and are more optimistic in their recall.

*"The daily downloading was an excellent motivation. I needed a tool to restart me on my activity level."*  
 – Actual Pacer

**Results** – Return On Investment is calculated using health claims and disease management improvements – (see sample results)

