

we are celebrating our shrinking workforce!

What we know: According to clinical data, people who have metabolic syndrome – a cluster of risk factors – are over 7 times more likely to have a large claim (over \$10,000) in the next 24 months than the rest of the population.

What we found: Preliminary data has shown that during the 10-week Pilot program for **McGohan Brabender** employees:

“Lifestyle” medications for blood pressure, cholesterol, acid reflux and diabetes: **77% reduction**

Triglycerides: **61% improvement**

HDL (good cholesterol): **58% improvement**

Waist circumference average improvement:
2 inches per participant

Average weight loss: **16.6 pounds per person***

Metabolic Risk: **79% reversal**

*Note: It is important to note, the program the pilot group participated in is not a weight loss program. It is a program to lower the risk of becoming a large medical claimant (\$10k +). Weight loss is just a pleasant outcome of the program.