

WellStar360 – 4 Year Case Study

Introduction

WellStar360 partners with companies to transform health and lower costs. We engage members in lifestyle change that works and that is sustainable. Our flagship program, The Longevity Formula, introduces participants to a number of lifestyle changes that are clinically proven to help improve metabolic health.

4 Year Results

In 2016, we began working with a three-hospital healthcare organization in Northern New Jersey. The focus of the employee wellness program was obesity. We developed our wellness platform, WellStar360, to serve this client and their specific requirements. The wellness program includes a wellness incentive plus a health risk assessment, and online lifestyle change program. Employees that do not complete that rewards participants for completing program components. The program components include an annual health risk assessment and a sixteen-week lifestyle change program. We have now completed four years of the program and have achieved the following results:

- ✓ **498** members have reversed obesity
- ✓ **\$963,630** estimated **annual** savings due to lifestyle change
- ✓ **\$998,155** direct **four-year** health care costs savings
- ✓ **7,331** total members served
- ✓ **1,480** total lifestyle change students served
- ✓ **\$998,155** total saved due to Penalty to date

Obesity and Lifestyle Change

According to a 2017 report, Obesity affects about 39.8% of adults. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer. The estimated annual medical cost for people who have obesity was **\$1,429** higher than those of normal weight. In addition, employers lose an estimated **\$506** of productivity per worker per year due to obesity. [\[Read paper\]](#)

Wellness 360 has helped employees and their families improve their lifestyle, lose weight and reverse obesity. Based upon Wellness Profile results and testimonials, approximately **498** adult members have lost weight and reversed obesity. We estimate that WellStar360 saves approximately **\$963,630 per year**. In healthcare costs. This includes **\$251,988** in productivity and **\$711,642** in medical spending.

2019 Wellness 360 Testimonials

1. I started following a low carb diet by removing all sugar and flour from my diet. I consume higher protein and fat to stay full for longer hours. I have lost 50 pounds so far and feel better than ever in my life. I love keto, it has given me a lot of energy and stamina. I recommend it to anyone who wants to shake up life for the better.

Respiratory Therapist - HUMC

2. For a girl who grew up overweight, going back on track was always hard. If I wanted to lose a pound, that would mean almost starving myself or only eat green stuff. I would get sick and not eat for a while and still never lost a pound. I was mad all the time and very hungry. Now with keto I don't overeat, and I've become active: I play tennis and walk a lot. I don't eat sugar or junk food. I am happy as I am now. ***Registered Nurse - HUMC***

3. I love keto, I also exercise now and it has really worked for me. I don't need any pain meds like Motrin or Tylenol for headaches, I feel awesome.

Assistant Director, CarePoint Health Management

4. My goal is to reduce my weight by 90 pounds by the end of the year. I started a diet two weeks before starting the Online Nutritional Course but thanks to the lessons I feel more educated on health and nutrition. **As of today, I am 40 pounds lighter.**

Dependent, Bayonne Medical Center

5. Thank you so much for all of the articles, videos, lectures and lessons. They all have been so informative, and they explain everything very detailed and yet simple to understand. I now know how carbs work and how they make me feel so I encourage everyone to stick with keto as I am doing now. Strong determination and guidance is always needed and thanks to the courses I have them. ***Registered Nurse, Christ Hospital***

6. Since I have started the Wellness program, I am proud to report that I have lost 19 pounds. The program information is easy to read, understand, and recall. The content is relevant, meaningful, and memorable. One of its most significant points of value is that the information keeps me mindful, especially when I food shop. I do not want to take any medication for diabetes nor hypertension. While there is no magic pill, starting my week with a lesson helps me to stay focused on my health-related goals. In closing, my heart thanks you. May my words be of encouragement.

Employee, HUMC

7. Thank you. I really did enjoy this one it had a lot of good information. Now I just need to stick to it. I had started and really lost 5 pounds, and kept it off but I have a long way to go. I have just started up again so I hope to do better this time (actually I had lost a little more but I kept these 5 pounds off for 3 weeks through vacation, I think that is good for me.

BSN, RN, Administrative Director, Christ Hospital

8. I thought keto was difficult, but it really surprised me: it's easy and doable! I lost weight and I haven't felt bloated compared to when I ate carbs.

Senior Vice President, CarePoint Health Management Associates

9. I was a very stress eater. I used to lose my appetite when I felt ill and as soon as I felt better I over ate. Not anymore, thank you.

Registered Nurse, Bayonne Medical Center

10. I find this program informative and encouraging. First, it is not a quick fix. It is a process. Second, you have to do it yourself because it is voluntary and requires some sacrifice. Then, you will enjoy your good health with a nice body shape. This program is an excellent investment in the most precious component of life, our health. I really appreciate your effort to prepare such extraordinary recipes.

Certified Respiratory Therapist, Bayonne Medical Center

11. Thank you for your words of encouragement! Eat Well! Feel GREAT!!!!

Employee, HUMC

12. Everything I have learned here is very good and very important. Thank you!!!

Access Coordinator, HUMC

13. I was always interested about keto and thank you so much, I love it. Thanks for the guidance.

Dependent, HUMC

14. This program is informative and practical. I'm enjoying these modules because I want to do everything I can to avoid becoming a diabetic.

Employee, HUMC

15. One of the best things is now salads are really tasteful, and I love them so much I have one every day. Thank you for introducing keto to my life.

PCP II, Bayonne Medical Center

16. I kept forgetting things every day and boy-oh-boy I didn't know keto could make your mind sharper, I now don't lose the keys nor forget to pick up stuff from the grocery store.

Dependent, Christ Hospital

17. I felt as if I had no energy left, even when sleeping properly. When I got into Keto, I began feeling as if the energy returned to my body and felt sharper than ever!

Employee, Bayonne Medical Center

18. I'm a huge fan of pizza. Who would have thought it was possible to eat low carb pizza? I always thought it was only cauliflower (which I don't like) but I was wrong. Almond flour is my best friend now and I can eat pizza and not feel bloated!

Dependent, Christ Hospital

19. I always seemed older than I was, and I didn't know carbs were causing this. Now I look and feel younger, I have more energy and I don't have those sudden food cravings at 3 AM. I love keto.

Security Sergeant, Christ Hospital

20. I really love the program, thank you.

Dependent, Christ Hospital

21. Everything in the last 40 years was dollars first. Who cares about consumers' health? Now we are not only paying with our dollars but also with our lives. I'm glad to see programs like these. Big corporations are killing people with nasty fake food.

Dependent, Bayonne Medical Center