

MANUFACTURING PLANT CASE STUDY



WE CAN HELP YOU
**LOWER INSURANCE
COSTS** AND IMPROVE
EMPLOYEE **HEALTH**
AND **WELLBEING.**

In 2016, NDS Wellness partnered with a leading manufacturer of engineered plastics and metals in North America. The privately held company was experiencing an escalation in healthcare cost spend. The management team was looking for a program that identified, diagnosed, educated, and provided tools and options for employees suffering from chronic disease and mental health disorders. The solution needed to be made available to all operational shifts.

HEALTHCARE PARTICIPATION

Between 2016 and 2018, NDS Wellness implemented Annual Wellness Visits at nine plants located in three different states. The program would educate employees on the current status of their health and provide tools and/or referrals into local PCP care, with a goal of keeping healthy and low risk employees healthy, and improving the status of employees in the at risk category. NDS utilized SPSS IBM Watson statistical analytics package to analyze program outcomes.

Of the manufacturing plant's 571 total team members participating in the 2018 program, 269 had participated since the inception of the program in 2016.

SERVICES OFFERED TO TEAM MEMBERS IN 30-MINUTE PCP APPOINTMENTS:

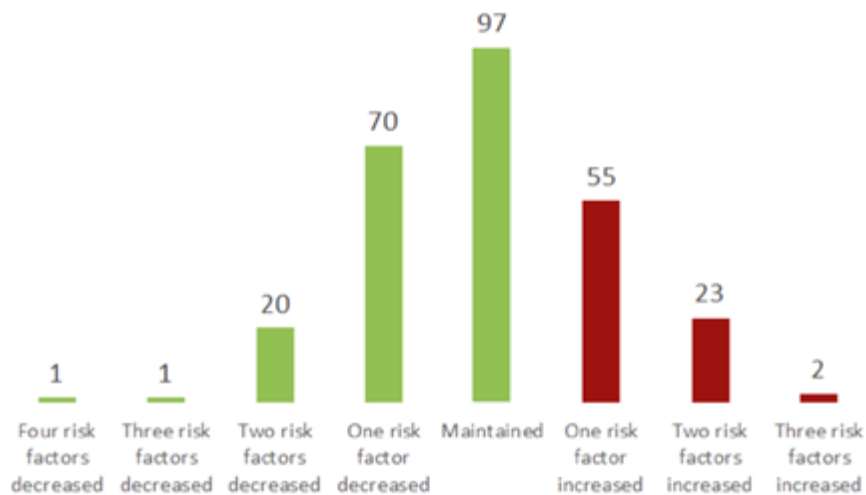
- Biometrics (BMI, BP, Hemoglobin A1C, Lipid Panel, Customized Blood Panels Available)
- 12 Lead EKG
- Licenced Providers completed review of Body Systems (Lymphatic, Respiratory, Cardiovascular, Gastrointestinal, Genitourinary, Musculoskeletal, Neurological, Eyes, Ears, Nose and Throat) and Health History
- Occupational Health Assessment
- Age-appropriate Screening Education
- Coordination of Care with Local Providers
- Integration with Existing EAP Programs
- Mental Health Assessment and Referral Program

THE MOBILE CLINIC DIFFERENCE

OF THOSE THAT ENGAGED ALL THREE YEARS, 34% EXPERIENCED IMPROVED METABOLIC RISK FACTORS, 35% MAINTAINED, AND 29% ADDED RISK FACTORS. THERE IS A POSITIVE CORRELATION BETWEEN THE PARTICIPATING POPULATION AND IMPROVED OR MAINTAINED RISK CATEGORIES. THIS DIFFERS SIGNIFICANTLY FROM THE NON-PARTICIPATING POPULATION, WHOSE AT RISK CATEGORIES INCREASED OVER TIME.

OVERALL, PATIENTS WHO STARTED OFF THE PROGRAM WITH LOW RISK WERE MORE LIKELY TO MAINTAIN LOW RISK VALUES ACROSS THE THREE YEARS.

THESE RESULTS INDICATE THAT PATIENTS WHO RECEIVE ANNUAL FEEDBACK REGARDING THEIR HEALTH CAN MAKE NECESSARY ADJUSTMENTS TO MAINTAIN A HEALTHY LIFESTYLE. ADDITIONALLY, FOR PATIENTS THAT STARTED THE PROGRAM AT RISK, A PORTION OF THOSE PATIENTS WERE ABLE TO MAKE LIFESTYLE CHANGES THAT RESULTED IN MOVEMENT INTO A LOWERED RISK RANGE.



THE FOLLOWING WAS A STATISTICALLY SIGNIFICANT CORRELATION BETWEEN NDS ONSITE ANNUAL WELLNESS PROGRAM PARTICIPATION AND RISK FACTORS FOR METABOLIC SYNDROME:

2016-2018 TRIGLYCERIDE LEVELS:

- 81% of the population maintained normal levels ≤ 149 through 3 years of participation.
- 37% of the population identified as at risk in 2016 moved into normal range in 2018.

2016-2018 WAIST CIRCUMFERENCE LEVELS:

- 85% of the population maintained normal waist circumference (males <35 in, females <40 in) through the 3 years of participation.
- 17% of the population identified at risk in 2016 moved into normal range by 2018.

2016-2018 GLUCOSE LEVELS:

- 74% of the population maintained normal Glucose levels through 3 years of participation.
- 47% of the population identified at risk in 2016 moved into normal range by 2018.

2016-2018 LOW HDL LEVELS:

- 78% of the population maintained normal HDL levels through 3 years of participation.
- 23% of the population identified at risk in 2016 moved into normal range by 2018.

2016-2018 BLOOD PRESSURE LEVELS:

- 75% of the population maintained normal BP levels through 3 years of participation.
- 50% of the population identified at risk in 2016 moved into normal range by 2018.

CALL US TODAY TO REQUEST A QUOTE AND DISCUSS HOW NDS WELLNESS CAN HELP YOU LOWER INSURANCE COSTS AND IMPROVE EMPLOYEE HEALTH AND WELLBEING.

(888) 267-4786

