

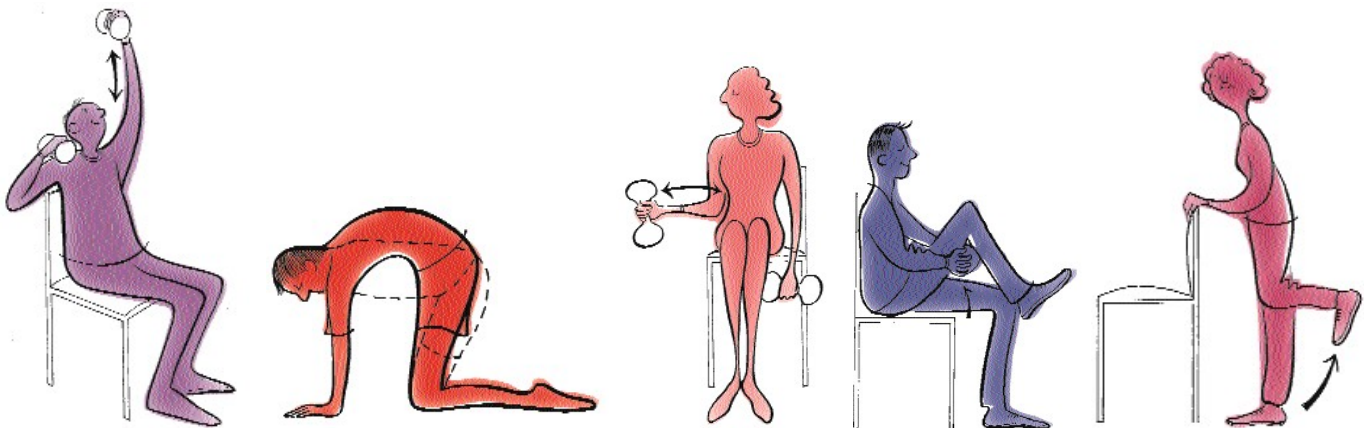
Corporate Wellness: Fitness Employee Assistance Program – 2001
 Delmar Thomson Learning, Albany NY
 Business and Health Magazine, October 2001

A pilot was conducted at Delmar from mid-January through mid-May of 2001. Modeled after a traditional Employee Assistance Program (EAP), MyFitScript implemented a fitness assistance program called FitCAP, Fitness Consumer Assistance Program. Of 250 in-house employees, 65 (26%) participated in the fitness pilot. Initial assessment identified the top priorities to include low back pain, depression, obesity, and hypertension. Employees were given permission for on-site fitness counseling once per month, and had access to MyFitScript's online Personal Trainer, exercise programs, Self-Help Guide, and newsletter.

MyFitScript worked with the company's EAP provider Ceridian for cross referrals.

Pre and post assessments were gathered and the following outcomes were observed:

- **Body Fat%:** Initially 67% of female participants were overweight with a body fat average of 35%; 26.7% for males. Post pilot the average body fat for females was 31% and males 26%. Overall 84% of participants decreased their percentage of body fat.
- **Blood Pressure:** Initially, 36% of participants started with blood pressures ranging from high normal to stage II moderate levels. On average, initial BP was 149/79 (stage I mild). Post program the average blood pressure was in the high normal range of 138/76.
- **Physical Activity:** Initially 75% of participants were found to be sedentary, according to the American College of Sports Medicine minimal guidelines for health benefits. Post program, 76% of participants increased their physical activity levels using the MyFitScript exercise programs.
- **Dietary Habits:** Initial screening showed 63% of participants consumed anywhere from one meal a day to 3, inconsistently. Post program 88% of participants showed improvement in dietary habits and adherence to recommended guidelines of 3-5 small meals consumed throughout the day.



"At Delmar, I was looking for a great way to help our employees take control and improve their health....given the success with the initial pilot, Delmar plans to continue with FitCAP".

Clare Jones, Benefits Specialist

Read the full article in Business and Health Magazine, October 2001.