


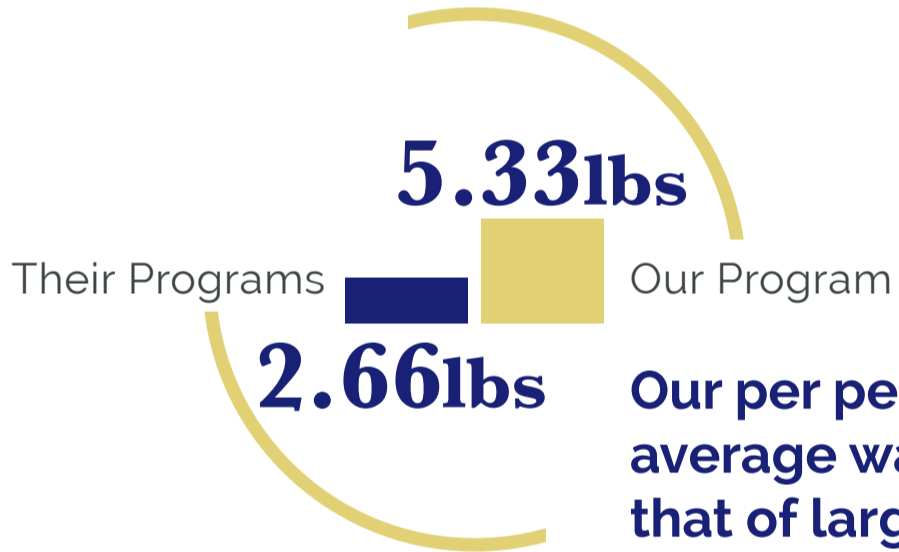
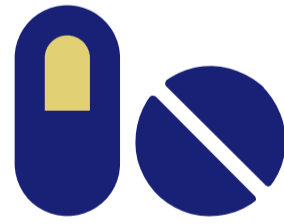




# WELLNESS PROGRAM

## WHAT CAN BE ACCOMPLISHED IN A 6 MONTH PROGRAM?

Metabolic Syndrome (MetSyn) is draining your health care resources. Metabolic Syndrome is the combination of diabetes, high blood pressure, elevated cholesterol and weight gain.

Our Virtuoso Wellness program targets MetSyn and reverses diabetes. The result is dramatic reduction in heart disease risk and cost savings as medications are reduced. Take a look at what can be accomplished when passion meets accountability.

 <p><b>Blood Pressure</b></p>	<p><b>149/85 → 122/75</b></p> <p>Starting average blood pressure while on medication      BP after our program with reduced medication use</p>	<p><b>50%</b></p> <p><b>Reduction in risk of heart attack</b></p>
 <p><b>Heart Rate</b></p>	<p><b>83 → 65</b></p> <p>Average heart rate reduced over 6 months.</p>	<p><b>300%</b></p> <p><b>Reduction in heart attack risk.</b></p>
 <p><b>Weight Loss</b></p>	 <p><b>5.33lbs</b></p> <p>Their Programs      Our Program</p> <p><b>2.66lbs</b></p> <p>Our per person per month average was more than twice that of larger national programs</p>	<p><b>-32lbs</b></p> <p>This reduces blood pressure &amp; diabetes</p>
 <p><b>Prescription Drugs</b></p>	 <p>Direct cost savings in the first year may pay for the program</p>	<p><b>49%</b></p> <p>Decrease in cost</p>
 <p><b>Productivity &amp; Quality of life</b></p>	<p><b>49%</b></p> <p>Reduction in Presenteeism → Increased productivity</p>	<p><b>100% Participants Reported</b></p> <ul style="list-style-type: none"> <li>✓ Symptom Reduction</li> <li>✓ Quality of Life Improvements</li> <li>✓ Improved Energy Levels</li> <li>✓ Increase in Focus Ability</li> <li>✓ Better Decision-Making Ability</li> <li>✓ Improved Cognition Overall</li> <li>✓ Less Physical Fatigue</li> <li>✓ Less Mental Fatigue</li> </ul>