

MBSconnect

Complete Corporate Wellness Package





Our Mission

MBSconnect is a next-generation wellness company that provides easily accessible resources for everyone to experience sustainable well-being.





Our Vision

Creating a world where everyone is
empowered to live well.

Our Values

- Commit to offer innovative solutions that inspire transformation
- Establish a culture of wellness in organizations and self responsibility in individuals
- Embrace an inclusive range of holistic specialties, providers, programs, and products
- Create professional development opportunities for our provider network to thrive
- Exemplify the wellness lifestyle we represent
- Share our resources with the global community



Program Benefits

- Lower health care costs
- Decreased absenteeism and turnover
- Increased productivity and effectiveness
- Improved employee satisfaction and well-being

Wellness Programs R.O.I.

- \$3 to \$1 return after three years - Dr. Ron Goetzel, director of the Institute for Health and Productivity Studies at Cornell University
- \$4.56 to \$1 in reduced total health care costs –Citibank
- A review of 42 published studies of worksite health promotion programs shows these average reductions:
 - 28% in sick leave absenteeism
 - 26% in health care costs
 - 30% in workers compensation/disability claims
 - \$5.93 to \$1 savings to cost ratio

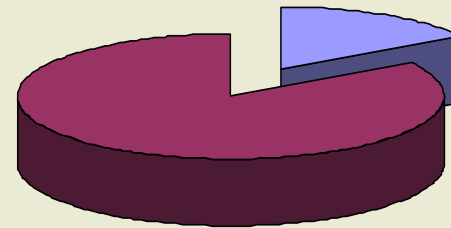
An Expensive Trend

Health Care COSTS

- Corporate Increase 2003: 20 to 30%
- Worker Increase from 2000 to 2004: 36%
- Annual direct costs per person: \$5,700
- Annual productivity losses related to personal and family health problems: \$1,685/employee
- One of the top two concerns of US CFOs

January 2006
CFO magazine survey

Total health care spending represents 16 % of the Gross Domestic Product (GDP).



The Cost of Healthcare

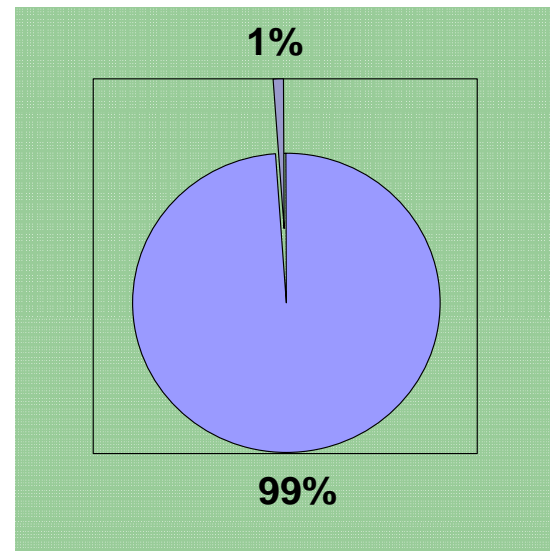
- Since 2000, employment-based health insurance premiums have increased 87%, compared to cumulative inflation of 18% and cumulative wage growth of 20% during the same period (1).
- Health insurance expenses are the fastest growing cost component for employers. Unless something changes dramatically, health insurance costs will overtake profits by 2008 (2).

"Disease Care" System

Health Sector Budget

- 1% Avoiding disease
- 99% Treating disease

*The Good News is
that the Majority of
Disease is
Preventable!*



Successful Wellness Programs



Steelcase

- ❖ 10-Year Study with University of Michigan
- ❖ Program: Diet, Exercise, & Stress Reduction
- ❖ Target: High Health Risk Individuals
- ❖ Result: 46% Reduction Healthcare Costs



JAMA[®]

The Journal of the American Medical Association

- ❖ 5-Year Study at Leading U.S. Hospitals (Ornish)
- ❖ Diet, Exercise, Stress Reduction, & Group Support
- ❖ Target: Patients with Coronary Artery Disease
- ❖ Result: Size and severity of abnormalities reduced



MBS
CONNECT
YOUR BRIDGE TO WELLNESS



OUR PROGRAM

Phase I - Design

- Establish the partnership
- Assess your needs and goals
- Choose areas of focus and key performance indicators
- Develop your company's risk management system
- Allocate technical resources

Phase II - Launch

- Develop and deliver the communication plan
- Create your internal wellness team
- Create employee wellness through video library, computer interfaces, and custom education & enrichment programs

Phase III - Evaluation

- Initiate ongoing data review process
- Identify the next steps in your wellness plan
- Introduce additional growth opportunities
 - Executive & Wellness Coaching
 - Team Initiatives
 - Speakers & Retreats

Corporate Package

- **Co-branded website** containing “Ask the Expert,” wellness articles, nationwide directory of providers
- Online wellness education via **virtual video library**
- **“Wellness Extravaganza”** (a.k.a. health fair)
- **Onsite corporate wellness education** by local MBS wellness providers
- **Well-Tech™ solutions** – wellness technology
- Ongoing **data assessment** and support
- Onsite **project management** to facilitate wellness campaign

