

CLIENT PARTNER: Meredith Corporation Media and Marketing company

- « 3,400 benefits-eligible employees
- « Operates in 21 states
- « Self-funded medical plan
- « Spends approximately \$22 million annually on health costs

Live Healthy Services: Live Healthy Services: Meredith and Live Healthy created an integrated wellness challenge focusing on teamwork, weightloss and increased physical activity. Meredith Corporations medical plan costs were on a trajectory to increase by 10% prior to developing their overall wellness strategy. Alongside Meredith, Live Healthy has created an event that has engaged a diverse and dispersed workforce for nearly 6 years. Meredith has seen an increase in participation each year of their challenge, there are cost savings in every category, employee utilization and satisfaction of their wellness services is at an all-time high.

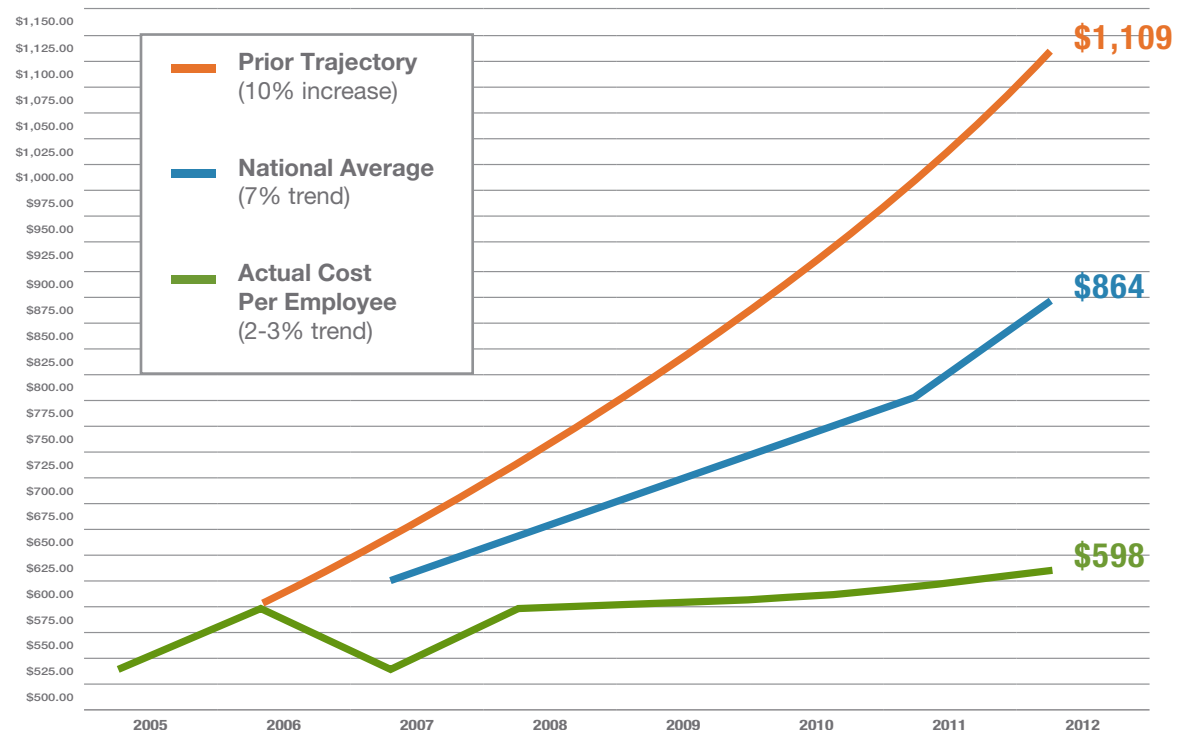
“The numbers speak for themselves, our employees look forward to creating team and the friendly competition that Live Healthy Meredith bring us each year.”

*Tim O'Neil, MBA, CEBS
Manager, Employee Health & Financial Wellness*

Meredith Corporation: An Engagement Success Story

Live Healthy Stats	2007	2008	2009	2010	2011	2012	2013	Total
Number of Participants	449	910	841	1,618	2,152	2,826	3,451	12,247
Number of Teams	92	131	132	275	393	517	628	2,168
Total Activity Minutes (in millions)	1.1	2.8	2.4	3.8	4.6	5.5	7.3	27.5
Total Weight Loss (in pounds)	2,715	3,993	3,236	4,923	6,021	5,819	6,490	33,197

Medical Plan Analysis: Medical Plan Cost Per Employee Per Month



COST OF DOING NOTHING = \$3.5 Million Annually