

StayFit™ Plan Case Study



STRATEGY

- Build a Culture of Health
- Support a Healthy Environment
- Improve Health Awareness/Education
- Integrate Programs & Services
- Retain/Attract Top Talent
- Manage Healthcare Costs

“StayFit has done an exceptional job providing true hands on and strategic support.”

P. LaPerriere, SVP Human Resources



RESULTS

1:1.24

Return on Investment

76%

Engagement ¹

65%

Program Qualification ²

19%

Tobacco Quit Rate

15%

Health Challenge Participation

Sources:

1. 2012 Massachusetts Business Roundtable.
2. 2013 B. Swift Wellness & Benefits Administration Benchmark Study.