

# HEALTHY IS

At Healthy Is, LLC, our mission is to *empower the individuals we work with to take control of their health and, therefore, to take control of their lives.* We know that the most significant obstacles to empowering people to take control of their health are cost, time and ease. That's why we're committed to being:

### CONVENIENT

We come to you! Our health coaches bring the InBody 770 machine to your location, allowing all your employees to participate in our program without the hassle and headache of going off site. We eliminate the inconvenience of travel and time requirements outside of work by coming to you once a month. That regular schedule provides an ongoing and convenient way to get the frequent feedback your employees will appreciate. Additionally, we allow family members to come for free!

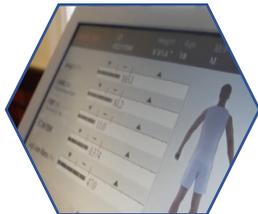
### INFORMATIVE

Using the details from the InBody 770 scan, our health coaches can help interpret objective information for employees. This includes things like the body composition analysis, muscle/fat analysis, segmental lean analysis and more. Combining this with the subjective information your employees provide (how they feel/what is motivating/what is getting in the way), our health coaches can tailor a unique roadmap to health for each participating employee.

### EASY TO ACT ON

Not only is the physical assessment as easy as standing, the monthly challenges that our health coaches present are easy to accomplish. They don't require additional money or time, and they are based on sound scientific principles proven to deliver health benefits. Our coaches take the time to talk with each employee about their own health goals, informed by the objective and subjective details obtained through the monthly visits. We then help overcome any barriers blocking the path to optimal health.

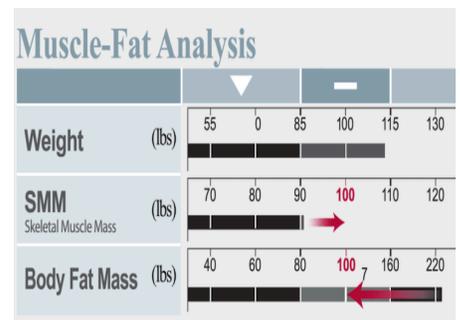
Since teaming up with the City of Billings in December 2018, and officially launching the Healthy Is Wellness program in January 2019, here is what we have accomplished through the end of June 2019.



**Over 2,600 scans on the InBody 770 machines!**

We have made convenience a high priority by going to 11 locations spread across 8 days every month, and as a result we have had impressive participation and engagement!

**1,659 pounds of Fat LOSS, and over 3,000 cm<sup>2</sup> of visceral fat burned away!** By implementing small, incremental changes and checking in with the Healthy Is Wellness program, City of Billings employees now have better glycemic control, a lower risk of chronic diseases like type 2 diabetes, Alzheimer's, and cardiovascular disease by losing this much body fat mass and visceral fat. This is not just about losing weight, it is about better body composition, which means feeling better and living longer!



**735 pounds of muscle gained!** This effort of adding exercise and eating better by City of Billings employees leads to more than just looking great. For every 10% increase in muscle mass there is an 11% increase in glucose sensitivity. Once again, this is highly correlated to reducing the risk of not just type 2 diabetes, but every major chronic disease.

**Individual diversity: over 700 different participants!**

Individual records include 43 pounds of fat loss (female), 30 pounds of fat loss (male), 18 pounds of muscle gained (male), and 15 pounds of muscle gained (female). These change agents are helping create a culture of health in the City of Billings community!





The **City of Billings** will continue its partnership with **Healthy IS** for the **2020** calendar year!

The **Healthy IS, LLC** benefit & **\$100 gift card incentive** is available for Active Employees & Employee Spouse on the City of Billings - *medical plan*:

**Here is how Healthy IS works:**

**→First: Just show up, with your EBMS ID Card!**

A schedule will be "All City" emailed monthly so you can see where and when the **Healthy IS** team will be monthly. Please note, you can go to ANY of the locations. Also note, the schedule will be set up for certain days each month; however, due to holidays, etc. we may adjust days so we will email out a monthly schedule so please look at the actual date listed. There is also the possibility due to weather, that the location will be moved inside and not in the airstream.

- There is nothing special you have to wear or do. They ask that you try not to eat within 30 minutes of your meeting due to do the body composition test.
- There are no needles; you don't need to fast; and you don't need to try and fit this into an already busy schedule (First meeting typically averages 10 minutes/person).
- After your scan, you will be provided your composition results. The **Healthy IS** team will break these results down for you AND help you get set-up on the **InBody** mobile app to easily track your progress month to month.

**→Second: Keep track of some simple things each month.**

- They'll give you all the materials and information you need for each month. So when you show up, you literally just have to bring yourself, they'll give you the rest.
- Remember your EBMS ID Card as this is how your **Healthy IS** visit is tracked and also proof that you are on the City of Billings medical plan as an active employee and/or the employee spouse and eligible for this benefit.

**→Third: Earn money! ...and get Healthier!**

- All you have to do is participate **6 times** and you will be eligible for the **\$100 gift card** incentive.
- *Again, you will need your EBMS ID Card to register in their **Healthy IS**, InBody machine to track visits towards this incentive, which is available to employees and the employee spouse on the City of Billings - medical plan.*
- **Healthy IS** will provide visit history to City HR, so there is no form to be turn in. Typically, we will process the gift cards 2 times during the year for who qualifies, through June data and through the end of the year data.
- This is a potential total incentive of \$200 gift card if you and your spouse on the City - medical plan, each have the required number of visits with **Healthy IS**. *Gift cards will be issued to the employee and are subject to payroll fringe benefit processing as required by the IRS.*

If you have questions, please don't hesitate to reach out to me.

Leta Lintern

Human Resources Associate/Benefits Coordinator

Email: [LinternL@billingsmt.gov](mailto:LinternL@billingsmt.gov)

Phone: 657-8265

**"Those who think they don't have time for Wellness, will soon find time for Illness"**