## Commitment Counts

Organizations who employed a Viverae<sup>®</sup> wellness program beyond three program years noticeably improved their Health Scores and experienced steady Risk Factor reduction.

- These Employer Groups followed Viverae best practices.

## HEALTH SCORE

A higher health score indicates that your current health status is on the right track. Health scores are computed based on answers collected from the Member Health Assessment (MHA) and Biometric Screening results. It is measured on a scale of 0 to 100. A low Health Score suggests that you could be at a greater risk of developing certain diseases and health problems.



## RISK FACTORS

There are 13 Risk Factors (including blood pressure, cholesterol, glucose, and BMI) that are measured in the data collected from the MHA and the Biometric Screening. An individual with high or very high risk factors benefits from changes in behavioral and lifestyle choices fostered by the wellness program. Lowered risk factors indicate improvement in one's overall health.

## **Risk Factor Reduction** over 5 years

Dallas-based Viverae® is a workplace wellness program provider and an industry thought leader. Our comprehensive health management solutions help employers build healthy cultures and manage healthcare costs. Our configurable programs manage engagement and incentives with our proprietary application, MyViverae<sup>™</sup>. This secure, simple yet powerful app integrates third-party claims and member health

**47**5%



data to personalize wellness programs and create an engaging experience.

Viverae's health management programs are compliant with Affordable Care Act requirements and applicable law, and National Committee for Quality Assurance and national health advocacy group standards.



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