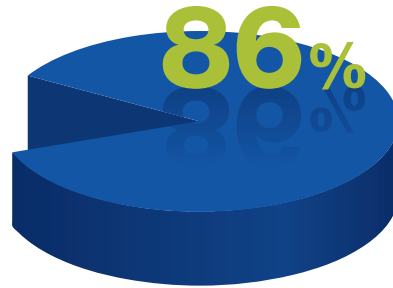


Taking Action for Good Health Together!

Cura Personalis:

*Care for the whole person—
body, mind and spirit*



Percent of employees enrolled in benefits who participated in the Wellness Program (up 4% from 2016-17)

All Creighton departments hit the participation goal of

70%



Prevention Works!

Regular checkups help us monitor our health.

- 81%** FLU SHOT
- 83%** DENTAL EXAM
- 72%** COLON EXAM
- 64%** PROSTATE EXAM
- 79%** MAMMOGRAM
- 80%** PAP TEST



Our Health Habits Rank Us Above National Norms!



Employees exercise at least 4 days a week!

Nat'l average: 33% of adults get enough exercise (President's Council on Physical Fitness)



Are eating 7-9 fruits and veggies daily

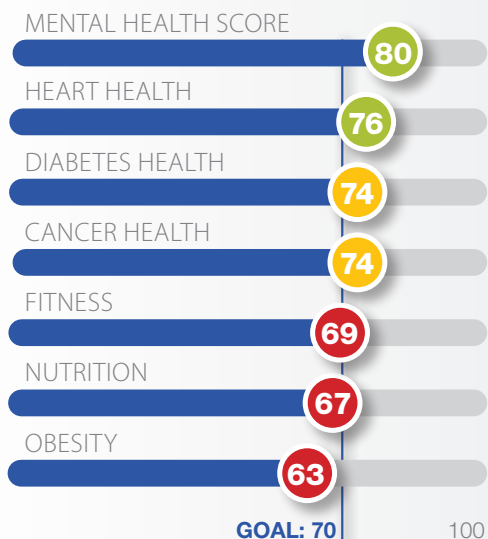
Less than 15% eat that well (Reuters Health)



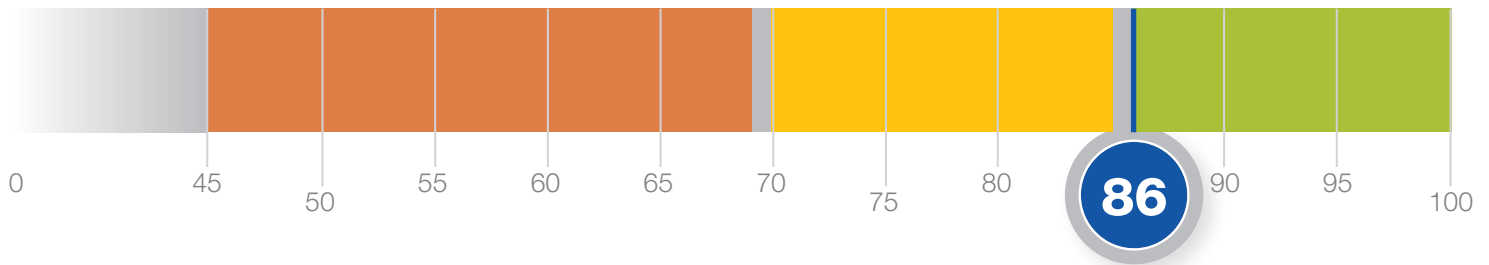
Are sleeping 7-9 hours per night

National average: 37% (SleepFoundation.org)

Achieving Together!



Our Health Score



The Health Score is a clinical snapshot of overall health based upon data collected at the health screening. A Health Score of 85 or higher is considered a healthy target.

Our average score since 2011

Well-being Stats



86%	Feel happy
84%	Report a positive outlook
82%	Have good coping skills
71%	Sleep well
44%	Can relax regularly
88%	Maintain a strong social support system
88%	Feel energetic

Wellness is Personal was launched in 2015 as a well-being campaign that focuses on the individual. We believe that providing health and well-being programs and services enriches our culture and provides a supportive environment for *cura personalis* (care of the whole person).

4 Year Cohort Group 2014-2018

We're 4 years older but improved in 6 of 7 risk categories:

- ★ Total Cholesterol
- ★ Glucose
- ★ HDL
- ★ LDL
- ★ Triglycerides
- ★ Blood Pressure



n=1010 participants

Award Winning!

United Health Care 2016 Well Deserved Winner

Creighton is one of only 11 organizations to receive this nation-wide award since 2012.

