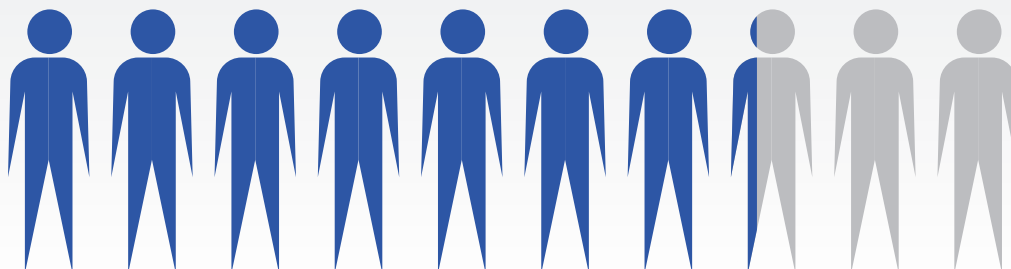


Taking Action for Good Health Together!

72% of Creighton employees participated in the Wellness Program!



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)

Prevention Works!

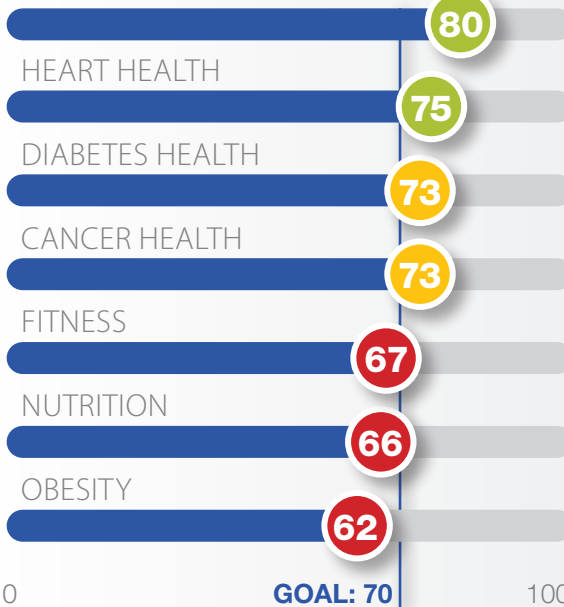
Regular checkups help us monitor our health.

81% FLU SHOT
84% DENTAL EXAM
70% COLON EXAM
68% PROSTATE EXAM
79% MAMMOGRAM
80% PAP TEST



Achieving Together!

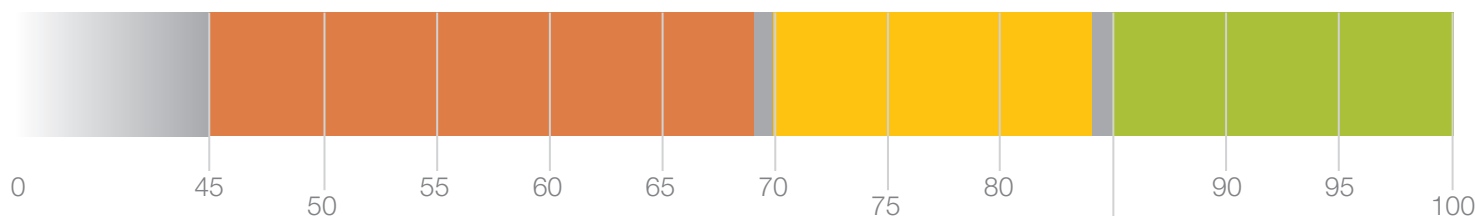
MENTAL HEALTH SCORE



less than 4% use or exposed to tobacco



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.

85

**Our
average
score since
2011**

Well-being Stats



85% Feel happy

84% Report a positive outlook

83% Have good coping skills

69% Sleep well

42% Can relax regularly

89% 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 2013-2017

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

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



n=1022 participants