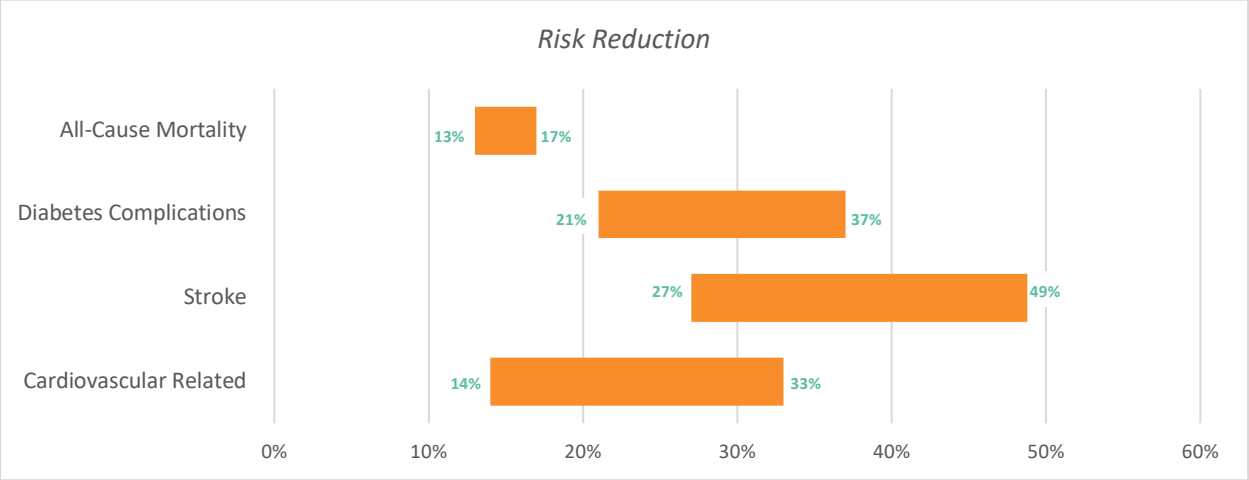
RestoreHealth's Outcomes

With over **4,000** members on the RestoreHealth program, our outcomes have surpassed our clients' and members' expectations. The table below outlines the results for those members Metabolic Syndrome and the associated health risk factor.[1]

Metabolic Factor	*Starting* Average	*Ending* Average	*Average* Movement
Weight	243.3 lbs	230.9 lbs	**5.1%** (-12.4 lbs)
Systolic Blood Pressure	140 mmHg	127 mmHg	**9.1%** (-12.76 mmHg)
Diastolic Blood Pressure	86.7 mmHg	79.5 mmHg	**8.2%** (-7.2 mmHg)
A1c [Diabetics]	8.18%	6.85%	**1.32%** (-1.3 %)
Low HDL	37.1 mg/dL	40.4 mg/dL	**9.0%** (+3.3 mg/dL)
Triglycerides	239.54 mg/dL	167.75 mg/dL	**30%** (-71.79 mg/dL)

As incredible as these results are, it's important to consider the associated risk reduction with respect to cardiovascular related issues (CVD, CAD, heart failure, heart attacks), stroke, diabetes complications (microvascular complications and death), and all-cause mortality.



This indicates that although RestoreHealth can generate between $1,500 - $2,700 in savings in year one, the risk reductions described above suggest an even greater impact with respect to cost avoidance by ***preventing many of the conditions and events that drive the top 1% of claims.***

[1] These results reflect the aggregate performance for all RestoreHealth members who completed the program as of March 12, 2020.
[2] Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis. March 2016, http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(15)01225-8/abstract
[3] Mobile clinic in Massachusetts associated with cost savings from lowering blood pressure and emergency department use. Jan 2013,https://www.ncbi.nlm.nih.gov/pubmed/23297269
[4] Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): prospective observational study. August 2000, http://www.bmj.com/content/321/7258/405
[5] Low Nonfasting Triglycerides and Reduced All-Cause Mortality: A Mendelian Randomization Study. April 2014, http://clinchem.aaccjnls.org/content/60/5/737.long
[6] Triglyceride-mediated pathways and coronary disease: collaborative analysis of 101 studies. May 2010, https://www.ncbi.nlm.nih.gov/pubmed/20452521
[7] High-density lipoprotein, low-density lipoprotein and coronary artery disease. Sep 1990, https://www.sciencedirect.com/science/article/pii/000291499090562F