

*For Immediate Release*

## ***A New Scientific Study Proves Orriant's Corporate Wellness Program Is Cutting Healthcare Costs, Dispelling The Myth That Wellness Is Not Effective.***

**Sandy, UT. (September, 3<sup>rd</sup> 2014)** - As companies across America are struggling to lower healthcare expenses, new research shows Orriant's accountability-based corporate wellness program is reducing costs. The new internationally-published study shatters the misconception that wellness programs do not work.

The research was conducted by Dr. Ray M. Merrill and J. Grant Merrill, Department of Health Sciences, Brigham Young University (Provo, Utah). Emerald Group Publishing (United Kingdom) published the study in *The International Journal of Workplace Health Management*.

"Workplace wellness programs logically should improve employee health but until now there was no definitive proof. Now, evidence has been published that an opt-in program, encompassing biometric testing and a personal wellness profile, led to improved health and reduced healthcare costs." Dr. Stephen C. Schimpff, Former CEO, University of Maryland Medical Center.

Results from the study show out of four midsize companies, after a four-year period, wellness participants saved as much as \$1,500 per year, compared to those who did not enroll in Orriant's wellness program. Also, those wellness participants saw as much as 34% fewer medical claims vs. non-wellness participants, after the same four-year span.

"In this fiscally insecure era, it is not unusual for companies to see medical claims rising at a rate five to ten times greater than inflation," says Orriant CEO, Darrell Moon. "Any CEO or CFO will tell you, employees' poor health is felt by the individual and the organization as a whole. Orriant provides a proven method to control and even lower those costs."

A key component of the researched wellness design is behavioral change on the part of the wellness participant. According to the study, 80% of wellness participants agreed or strongly agreed their wellness coach motivated them to improve their health, while 89% of participants agreed or strongly agreed their coach was very helpful in educating them. The findings emphasize the importance of how this specific model provides measurable, positive results. Orriant's wellness design incorporates biometric testing, individualized health coaching and a personal wellness profile with a financial incentive.

*"An evaluation of a comprehensive, incentivized worksite health promotion program with a health coaching component" was published by International Journal of Workplace Health Management, Vol. 7 Iss: 2, pp.74-88. Research Authors: Ray M. Merrill and Grant Merrill, Dept. of Health Sciences, Brigham Young University. Dr. Ray Merrill received his PhD and MPH from Arizona State University and Harvard University respectively.*

### ***About Orriant***

*Orriant is a national vendor of accountability-based wellness programs, with a deep-rooted system that boosts wellness participation, improves health of employees and lowers healthcare costs. Orriant has participants in all 50 states as well as numerous corporate clients across the U.S. Corporate offices are in Utah and Connecticut. Orriant was founded in 1995. Visit Orriant at [www.orriant.com](http://www.orriant.com). Follow Orriant at [www.facebook.com/Orriant](http://www.facebook.com/Orriant), [www.twitter.com/Orriant](http://www.twitter.com/Orriant).*

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