

New Scientific Research Shows Corporate Wellness Programs Can Reduce The Risk Of Cancer And Diabetes.

Sandy, UT. (Sept. 30th, 2014) - A new internationally published study shows wellness participants can significantly reduce their risk of cancer and diabetes through improved lifestyle choices. The study was conducted by Brigham Young University (Provo, UT.) and published in The International Journal of Workplace Health Management (Emerald Group Publishing – United Kingdom). The research focuses on the results of employees and their spouses of four mid-size Utah companies, after a four-year period.

These companies, all participating in Orriant's accountability-based corporate wellness program, span industries from services and sales to manufacturing and government.

"We continue to find out more about the importance of personal decisions on maintaining health and wellness, as well as the impact of proper nutrition on many chronic diseases, including preventing cancer and diabetes," comments Angelo Falcone, MD FACEP, CEO of MEP Health, Orriant client. "The challenge is to find a guide for an individual on their journey to a healthy lifestyle. High caliber run wellness programs, like Orriant, have demonstrated the ability to give individuals the tools to take control of their health and deliver results."

According to the study, wellness participants were ranked, based on their lifestyle choices, on a scale of 1-100 (100 being the healthiest). Those at the greatest risk for cancer improved their lifestyle by nearly 32 points, or 41%. Those with unmanaged diabetes, decreased their blood glucose levels by an average of 58%, reducing the risks associated with this illness.*

The American Cancer Society reports there were approximately 1.6 million new cancer cases in 2013 and an estimated 580 thousand deaths in the same year.** While the American Diabetes Association reports there were 29.1 million Americans living with diabetes and 1.7 million new cases in 2012.***

"The impact of improved health cannot fully be measured," says Darrell Moon, Orriant CEO. "It is essential that corporate wellness programs provide a comprehensive strategy and precise execution for their client companies, in order for employees and their families to experience lasting results."

The study addresses the accountability-based elements of this wellness plan. "The (wellness) coach did not prescribe a set of goals, but rather engaged the person in deciding for themselves what physical activity and nutritional goals they were willing and ready to start working on."*

"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 wellness design that boosts wellness participation, improves health of employees and their families while lowering healthcare costs. Customers span across many verticals including government agencies, technology,

food processing, construction and transportation industries. Orriant has wellness participants in all 50 states. Corporate offices are in Utah and Connecticut. Orriant was founded in 1995. www.orriant.com.

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