

### Synopsis:

Participation Points is an initiative that rewards people, departments and regional offices within a corporation for participation and healthy changes in lifestyle. Not only will a corporation realize a return on health dollars invested by improved productivity—there are many other benefits of this program.

Employees work together toward a common goal, so Participation Points is also a team-building exercise. Each participant is 'held accountable' by the group and that increases their motivation to succeed. Peers, bosses and the entire company gives recognition for better individual improvements, which is even more incentive to make healthy lifestyle changes.

Employee morale is higher during and after this program. Also employee retention may be improved as employees recognize the benefits of a workplace both dedicated to their health, and providing added rewards for working there.

### Educational Objectives

To reinforce healthy behavior in employees, healthy lifestyle changes are practiced and perfected by employees, employees are engaged with their fellow workers towards a common objective, workplace harmony and productivity is promoted.

### Product Description

The points program is customized, implemented and maintained by Exan. No additional IT infrastructure or resources are required of the employer for running the program. Rewards are distributed at the discretion of the company but may include days off, health gifts to a local spa, gift certificates to join a cell group or one-on-one coaching.

### Points are accumulated through:

- ✓ Taking the online Health Risks Assessment automatically awards your account 200 points
- ✓ Watching the Building Stress Resilience multimedia workshop earns 500 points.
- ✓ Participating in the “Stop diabetes” blood check earns you 1000 points.
- ✓ Participating in a 12 week cell group or earn you 7500 points
- ✓ Emailing a question to an expert earns you 200 points
- ✓ Losing weight earns you 250 points for every pound lost in a month and an additional 20% of those points are added to your account each month if you keep it off
- ✓ 1000 points are earned for eating a healthy breakfast each morning for a month
- ✓ 10,000 points awarded for personal blood sugar level moving out of a pre-diabetes state.
- ✓ 10,000 points for lowered cholesterol levels
- ✓ 10,000 points for reducing blood pressure and an extra 20% for each month it is sustained
- ✓ 5000 for reducing your stress levels in one month (Stress Test)
- ✓ 5000 points for improving your relationship skill (Relationship Test)