

United Medical Gym, Inc.

Corporate Wellness Programs



Company History

United Medical Gym is a company that has been developing and integrating medical fitness programs and corporate wellness solutions since 2009.

Our corporate research and development center is located in South Portland Maine and is focused on partnerships with existing resources to improve population health outcomes.



UMedGym Mission and Vision

Prioritize management and prevention of chronic disease through evidence based medical fitness.

Our vision is to improve the patient experience through innovative collaborations that are driven by a need within each community. We are building a network of evidenced based healthcare professionals dedicated to the integration of healthcare across all provider boundaries.



Our Business Philosophy





Unique high touch programming
for high cost employees.



U-First™ Corporate Wellness Services

- Customizable solutions for large (self-insured) AND small employers
- Data driven approach from assessment to analysis
- Proven engagement in high risk populations
- Experienced team



Some of Our Clients



Dickinson



UHA

HEALTH INSURANCE
Better Health • Better Life

MaineHealth

Works on Wellness



Sustained behavior change requires more than just exercise.
We consider the whole person to optimize engagement.

Individualized Multi-Disciplinary Approach

- ☐ Exercise Prescription & Quarterly Follow-up
- ☐ One-on-One Health Coaching
(Face-to-face; telephonically; telehealth)
- ☐ Nutrition Counseling
- ☐ Lifestyle Education Classes
- ☐ Program Progress Reports



Eligibility of Participants

Individuals who have a:

- **Body Mass Index (BMI) greater than 30**
- **1 additional diagnosed health risk factor, such as:**
 - Hypertension (High Blood Pressure > 140/90)
 - Hypercholesterolemia (aka High Cholesterol)
 - Pre-Diabetic
 - Diabetic
 - Waist Circumference >40 in. for men or >35 in. for women
 - Sedentary
 - Smoker



U-FIRST Program Engagement Requirements

1. Attend a U-First™ Orientation
2. Participate in 5 1:1 health evaluations (Initial, 3 & 6 month + 9 & 12 month post program)
3. Complete 3 personal training sessions with UMedGym Clinician
4. Complete a **MINIMUM of 10 workouts a month**
Total workouts in the 6 month program period (average 2 visits per week).
5. Participate in **minimum of 3** lifestyle education classes (8 are offered)
6. Speak with the Certified U-First™ Health Coach 5 times.
7. Meet with a partnered Nutrition expert **at least 1** time



U-FIRST Health Evaluations:

Initial evaluation

- Comprehensive review of medical history
- Capture baseline biometrics screening (height, weight, BP, O2 saturation, circumferences, functional capacity, % fat)
- Review of cardiovascular disease risk factors
- Establish short and long-term goal setting
- Basic nutritional overview
- Development of individualized exercise program based upon goal, health history, and orthopedic limitations
- Scheduled appointments to set-up and review exercise program

Quarterly Re-evaluation

- Re-evaluation of biometrics
- Review of goals and re-assessment of progress
- Adjustments to individualized exercise program to optimize intensity and progress
- One-on-one appointment to review new exercise program

Final Evaluation Post Program Survey

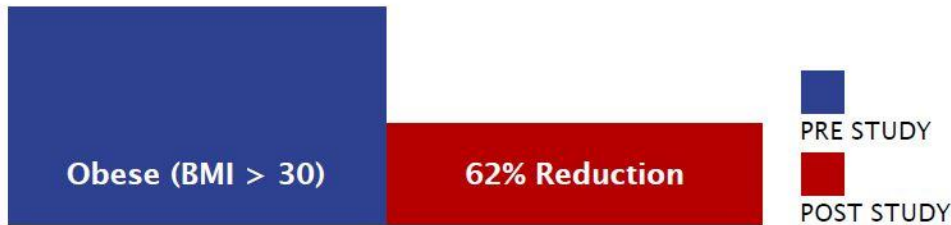
- Asses employee follow through
- Re-screening of baseline biometrics and health outcome data
- Assessment of self-efficacy for sustainable change
- Review of goals and setting action plan for the future



Research and Development

Ongoing data collection and reporting on population health

Prevalence of Hypertension in Moderate to High Risk Population (BMI > 30)



- Average reduction in body weight: 5.8 lbs
- Maximum weight lost: 102 lbs
- Average reduction in waist circumference: 2.3 inches
- Average changes in Systolic Blood Pressure: 33.8 mmHg
- Average reduction in Diastolic Blood Pressure: 9.8 mmHg
- Average visits to UMG week = 2.3
- Average minutes of exercise/week: 91.5
- % of pilot patients progressed to Diabetes = 0

90%
ENGAGEMENT
LEVEL

45%
Of all participants
decreased their BMI
by 1 point or greater

Average reduction in body weight over 6 months



Skin in the game....Low risk for employer

- Payroll deduction agreement between employer and employee
- Reimbursement to employer for inability to complete required engagement components
- High level of dedication by UMedGym staff to work through barriers and encourage completion of the program = 90% engagement and completion rate of this program
- Continued engagement of graduated participants is ~ 60%
- Places employee at the center of care plan and optimizes engagement



Ease of execution for employer

- Administered by 3rd party independent of employer that minimizes liability and risk regarding PHI
- Data tracking and comprehensive outcome reporting for individuals and group (de-identified for employer)
- Correlation to claims assessment and ROI



FMI or to set up a consultation

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