



## Case Study in Corporate Wellness ALCOA Employees

The PATH Program produces immediate relief for corporations seeking to lower the direct and indirect costs of unhealthy behaviors. The charts below are broken down into two sections: Immediate Corporate Savings, and Long Term Corporate Savings.

### Index of Immediate Corporate Savings

The **Index of Immediate Corporate Savings** is defined by markers for positive lifestyle changes that produce benefits right now. Within this index of 4 markers, between 70 -- 91 percent of Alcoa participants scored positively.

#### Greater Productivity: 73% of participants reported having More Energy

More energy through the day results in greater attention to task, fewer costly errors, and increased productivity

#### Better Attitude: 80% of participants reported having Less Stress

Reduced stress in the workplace benefits the individual as well as the environment for co-workers, producing a positive work environment that goes beyond the single employee

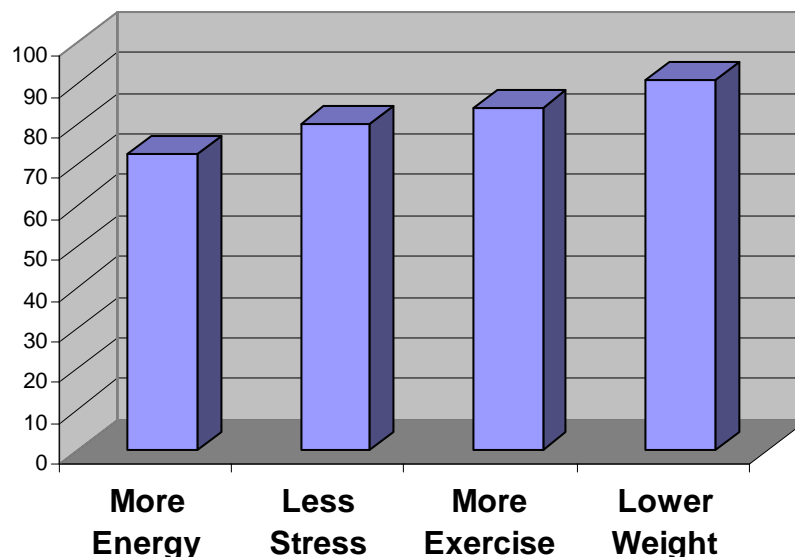
#### Fitter Workforce: 84% of participants reported Being More Active

With 84% increasing their activity through the day, Alcoa employees will necessarily have more stamina and fewer day to day aches and pains

#### Lower Weight: 91% of participants reported Lower Weight

Losing weight boosts mood, self-esteem, and daily productivity.

**Index of Immediate Corporate Savings**



## Index of Long Term Corporate Savings

Beyond the immediate benefits of increased productivity, energy, and positive affect at work, Alcoa participants have improved their lifestyle behaviors, which will continue to benefit them long after the program has completed.

These are reflected in the ***Index of Long Term Corporate Savings***, which include:

### **Better Food choices: More Fruits/Veggies, Less Faux Foods**

- Learning how to make healthier food choices can prevent chronic diseases such as cancer, diabetes, irritable bowel, hypoglycemia, and others. 50%, 95%, and 95% of employees adhered to this index variable, regarding respectively, eating more fruits/veggies, fewer trans fats, and fewer faux foods.

### **Healthy Eating Behaviors: Less Chronic Consumption, Controlling Portion Distortion**

- Chronic overconsumption – snacking through the day – is a major driver of our weight and health problems, which cascades into billions of dollars annually in direct and indirect costs.
- An amazing 87% of participants reported that they have cut down snacking. 100% indicated that they are now controlling their portions at the plate. The extended effect of this index variable will far outlast the tenure of The PATH program

### **Lifestyle of Healthy Living: Every single respondent (100%)**

Weight loss is easy. Keeping it off is the hard part, and the **ONLY** way to provide sustaining results is to change behaviors, introduce healthy habits, and reinforce those through a lifestyle approach.

This was successfully accomplished with Alcoa participants, 100% responded that they would continue these healthy eating habits every day.

**Index of Long Term Corporate Savings**

