

HEALTHY CHOICES, *Healthiest You*

PROFILE® BY SANFORD - DISCOVERY SESSION

profile®
SANFORD

ABOUT PROFILE

Profile by Sanford provides nutrition, activity and lifestyle coaching to help members lose weight and keep it off. Profile was developed by physicians and researchers to take the guesswork out of healthy lifestyle change.



BACKED BY SANFORD HEALTH

Sanford Health is an integrated health system headquartered in the Dakotas. It is one of the world's largest, most innovative health systems with 45 hospitals and 289 clinics in nine states and three countries.

Nearly \$1 billion in gifts from philanthropist Denny Sanford have allowed for several initiatives, including global children's clinics, genomic medicine and specialized centers researching cures for type 1 diabetes, breast cancer and other diseases.



45
medical centers



300
communities served



289
clinics



28,000
employees

PROFILE CLINIC AND SCIENTIFIC ADVISORY BOARD



Stephen Herrmann, PhD

Senior Director of Operations - Profile Advisory Board Chair



Timothy Donelan, MD

Vice President, Medical Officer
Sanford Health Plan



Allison Suttle, MD

Chief Medical Officer
Sanford Health



David Pearce, PhD

Executive Vice President
Sanford Research & Innovation



Cassie Hajek, MD

Sanford Imagenetics



Michelle Baack, MD

Sanford Children's Hospital

PROFILE GROWTH AND IMPACT

Our results-oriented approach is fueling our growth.



TOTAL IMPACT

Profile's coaching model was designed to make healthy lifestyle change easier. Five years in, we're already making a difference.

71,000
MEMBERS

1.33
MILLION POUNDS LOST

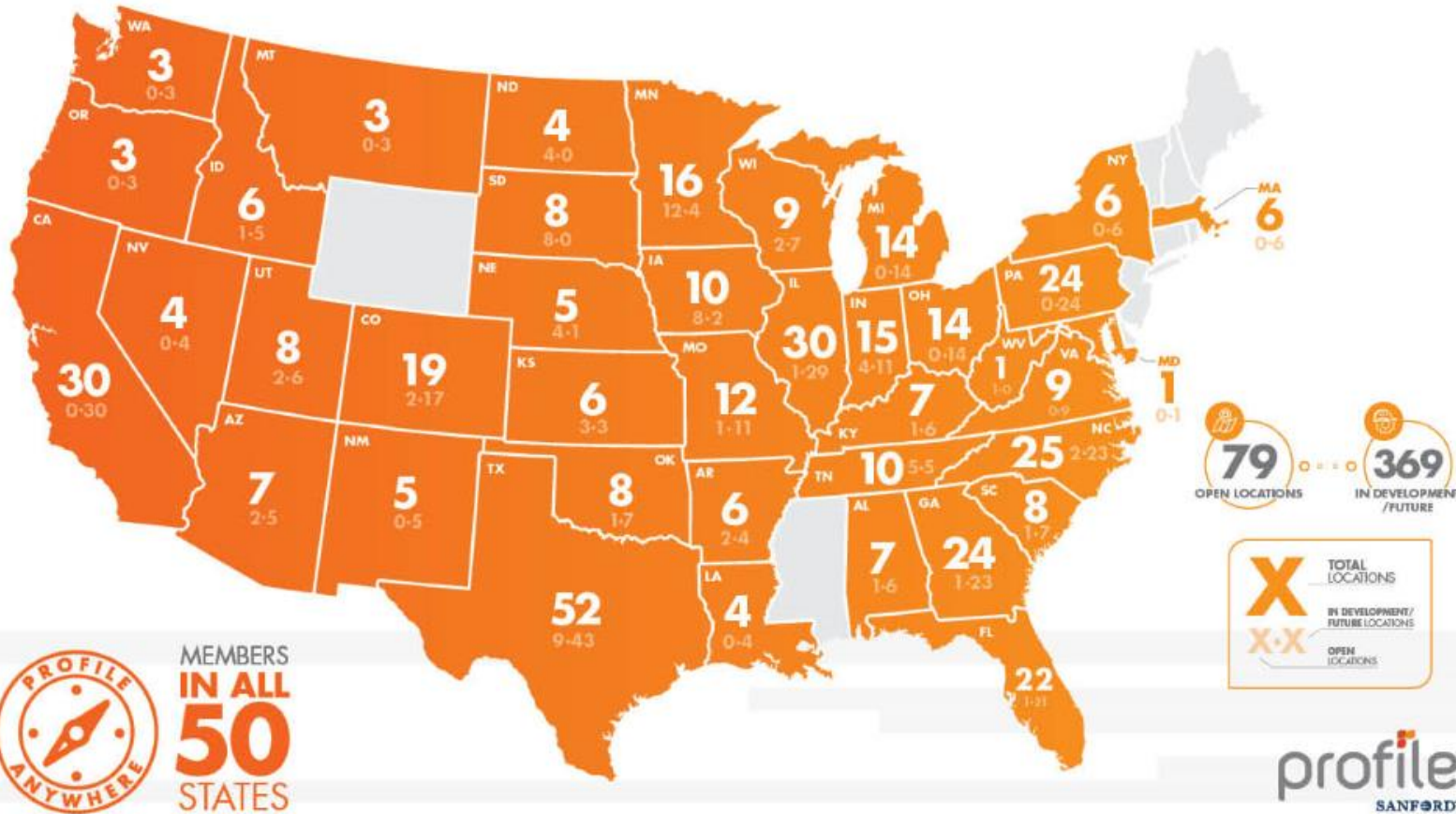
2.94PTS
AVERAGE BMI REDUCTION

8.19%
AVERAGE BODY WEIGHT LOST

*Updated as of December 2017

PROFILE GROWTH AND IMPACT

Our results-oriented approach is fueling our growth.



TOTAL IMPACT

Profile's coaching model was designed to make healthy lifestyle change easier. Five years in, we're already making a difference.

100,000
MEMBERS

1.68
MILLION POUNDS LOST

2.83PTS
AVERAGE BMI REDUCTION

7.76%
AVERAGE BODY WEIGHT LOST

*Updated as of December 2018

Worksite Wellness



66%

OF U.S. ADULTS
HAVE A BMI OF 25
OR HIGHER*



OBESSE INDIVIDUALS PAY
42% MORE
IN DIRECT HEALTHCARE
COSTS**



OBESSE INDIVIDUALS PAY
87% MORE
IN PHARMACEUTICAL
COSTS***

Profile Works



Clinically Significant

Weight loss of 5% body weight
proven to improve overall health



12% in 12 weeks



3X

More weight loss with
a coach



Healthy Employees Are Your Bottom Line.

Profile Can Help...

- Maintain the status of health-conscious employees
- Provide guidance for employees interested in creating a healthier lifestyle
- Stimulate contemplation in employees reluctant to consider healthy behavior changes



"Running a business without wellness is like driving a broken car. You will eventually get to your destination, but it will be a difficult and long journey."

At Profile, we offer work site wellness opportunities each quarter to make it easier for businesses to improve and maintain the health of it's employees with little to no cost or time commitment from staff.



- **Wellness Newsletter:** New topics will be discussed in the bi-weekly newsletter, along with tips and a recipe to keep wellness top-of-mind.
- **Mini Webinar:** Our convenient, 5-minute educational session can reach anyone, anywhere.
- **Lunch 'n' Learn:** Choose from a list of options to best meet the needs of your employee's interests. (Quarterly)
- **Coffee Hour Q&A:** A relaxed environment for employees to learn more from our certified health coaches.
- **Wellness Challenges:** Focused on a different healthy habit each month, we encourage and reward employees for making positive behavior changes.
- **On-Site Nutrition Coaching:**
Let us come to you. All it takes is ten employees, and Profile's certified health coaches will come on-site to meet with each participant for 20 minute, 1-1 sessions.

Choose from the options listed above to best suit your business's needs and contact a Profile rep to get started at 319-859-7060!

PROFILE'S

QUARTERLY WELLNESS CHALLENGE

April, May, June

INTERESTED?

Contact HR/Wellness Champion.

April: Eat Your Veggies!

May: Let's Get Moving!

June: Drink Your Water!

PROFILE'S

QUARTERLY WELLNESS CHALLENGE

April, May, June

April: Eat Your Veggies!

- Earn 1 point for every meal that includes veggies.
- Every 10 points will earn you an entry into the monthly raffle drawing.

May: Let's Get Moving!

- Earn 1 point for every day that you get 20 minutes of intentional exercise.
- Every 5 points will earn you an entry into the monthly raffle drawing.

June: Drink Your Water!

- Earn 1 point for every 20 ounces of water drunk in a day.
- Every 10 points will earn you an entry into the monthly raffle drawing.