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HealthFitness makes case for integrated health benefit design in new issue brief spotlighting Florida Power & Light

FPL-WELL's multi-faceted program puts employee at center of health promotion

MINNEAPOLIS, MN Aug. 20, 2008 – Connecting the dots between employee health benefit programs—from fitness and health coaching services to on-site primary care delivery—can build a more productive workforce and improve the bottom line. A new issue brief from HealthFitness (OTC BB: HFIT) outlines the steps to success employers can take to create a more comprehensive approach to integrated employee health benefits.

The issue brief, "Integrated Health Benefit Design Powers Florida Utility Company's Workforce," draws on the strength of experienced voices. The report features insight from Andrew Scibelli, manager of Employee Health & Well-being for FPL GROUP, and presents a case example of that company's integrated program. Bruce Sherman also contributes to the brief; he is medical director, Global Services, The Goodyear Tire & Rubber Company, and director of health and productivity initiatives for the Employers Health Coalition of Ohio.

FPL-WELL manages health care benefits for its more than 15,000 employees that integrate five major program elements: fitness centers, primary and urgent care health centers, health promotion, nutrition and weight management services and employee assistance programs. The program has reduced the rate of health care cost increases for the self-insured company over the years and produced a positive return on investment of 3:1.

"FPL-WELL represents a model of true integration in health benefit design," said Gregg O. Lehman, Ph.D., president and chief executive officer for HealthFitness. "The approach is employee-centered, not program-centered. All five elements are managed as an integrated whole. And it is the clearest way an employer can communicate that its employees are an asset."

HealthFitness oversees fitness and health promotion programs for FPL-WELL, managing fitness programs along with health education, awareness and risk behavior change programs. HealthFitness is a leading provider of employee health management programs. Managing more than 300 fitness centers globally, the company also offers a suite of health management services on-site, Web-based and telephonically.

"The approach is to take care of the complete individual," Scibelli says in the brief. "Our role is to identify those with a chronic health issue and to provide services and support to manage the condition and move that person to better health. The other emphasis is to get healthy people to stay healthy."

FPL-WELL was recently honored by the U.S. Department of Health and Human Services for the Innovation in Prevention Award. The award recognizes businesses, public agencies and non-profit organizations for efforts in health promotion and chronic disease prevention. FPL-Well was selected from 40 candidates in the Healthy Work Force category for large companies.

The issue brief, ***"Integrated Health Benefit Design Powers Florida Utility Company's Workforce,"*** is available online at <http://www.hfit.com/briefs.cfm>.

About HealthFitness

HealthFitness is a leading provider of employee health improvement services to Fortune 500 companies, the health care industry and individual consumers. Serving clients for more than 30 years, HealthFitness partners with employers to effectively manage their health care and productivity costs by improving individual health and well-being. HealthFitness serves more than 300 clients globally via on-site management and remotely via Web and telephonic services. HealthFitness provides a complete portfolio of health and fitness management solutions including a proprietary health risk assessment platform, screenings, EMPOWERED™ Health Coaching and delivery of health improvement programs. HealthFitness employs more than 3,000 health and fitness professionals in national and international locations who are committed to the company's mission of *"improving the health and well-being of the people we serve."* For more information on HealthFitness, visit www.hfit.com.

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