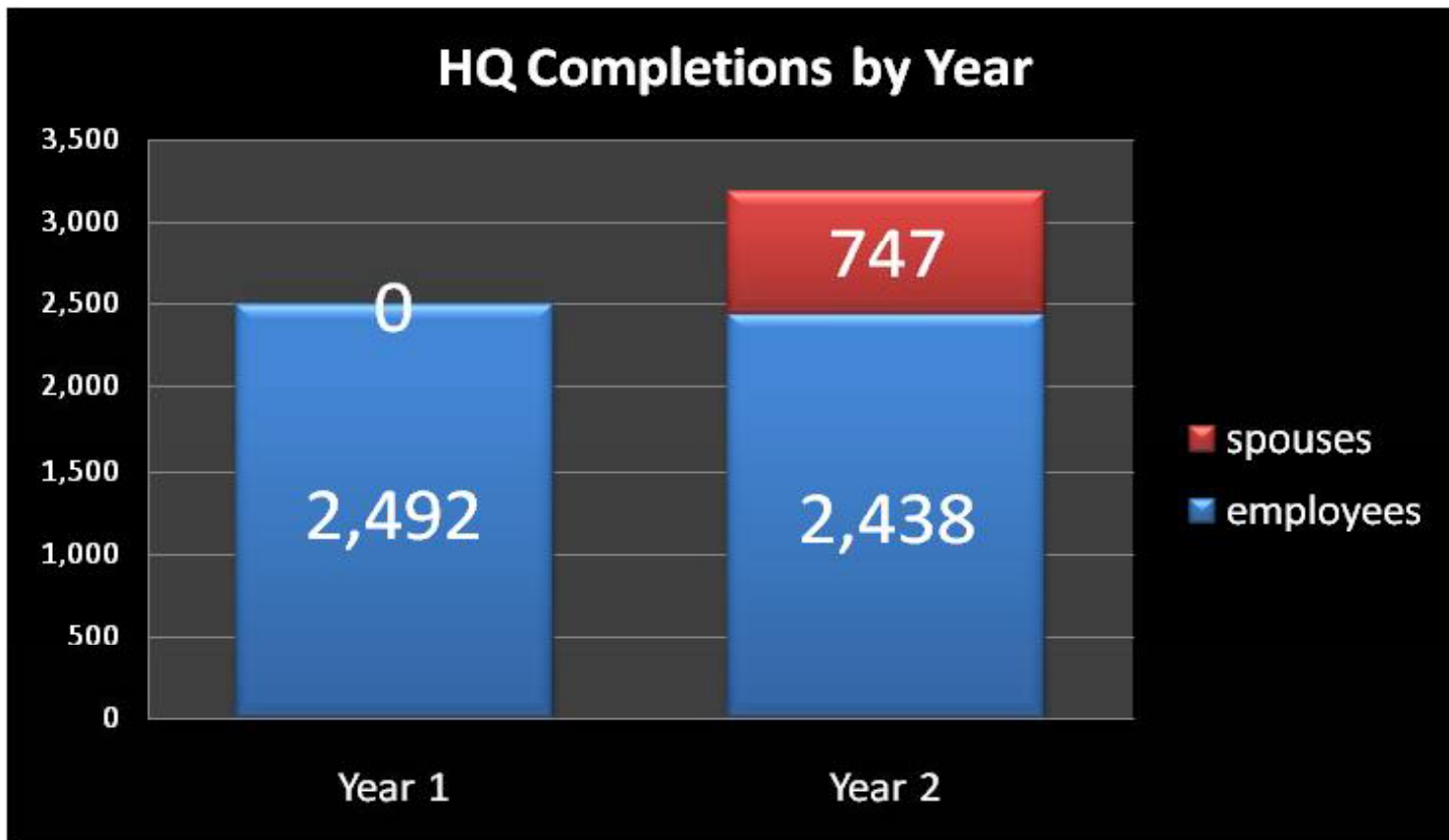


Program Adoption – Comparison by Year

	Year 1	Year 2	Benchmark
Registration rate	57%	55%	52%
HQ completion (as a % of eligible)	53%	Total: 46% Emp: 51% Spouse: 35%	48%



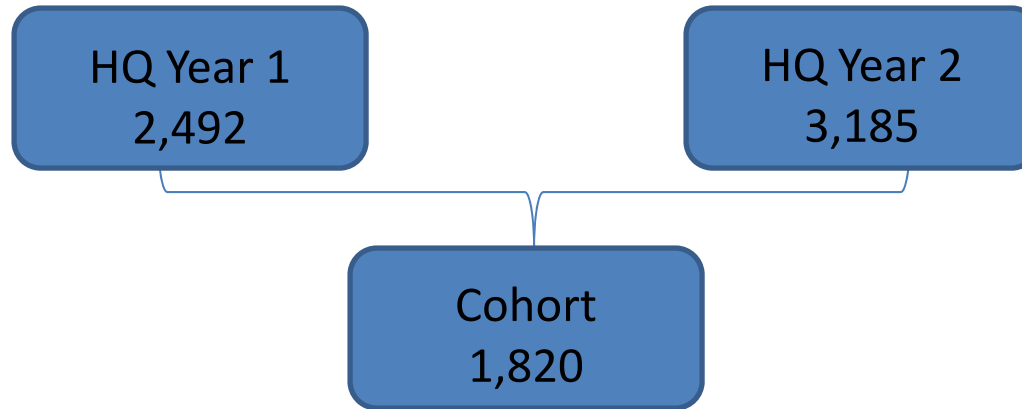
Most Prevalent Modifiable Risk Factors

Risk Factors	Year 1 (Benchmark)	Year 2 (Benchmark)	Change
Diet	94% (97%)	95% (96%)	+1%
Weight	66% (63%)	57% (66%)	-9%
High Blood Pressure	58% (38%)	59% (42%)	+1%
Stress	53% (44%)	47% (41%)	-6%
Physical Inactivity	44% (38%)	34% (33%)	-10%

- Top risk factors continue to be Diet, Weight, and High Blood Pressure
- Weight, Stress, and Physical Inactivity risks decreased in Year 2

*All data from Standard Reporting Insight, as of 1/26/09.
Risk rates reflect the number of users to self-report a risk divided by the number of users assessed*

Program Adoption – HQ Completion Cohort



Risk Factor	Year 1	Year 2
Stress	37%	27%
Weight	17%	13%
Depression	16%	10%
Cardiovascular Exercise	12%	7%
High Blood Sugar	8%	7%
Tobacco Use	5%	3%
High Blood Pressure	1%	2%

Coaching Activity Update (cont)

2007

- Stage of Change Migration
 - Cardiovascular Exercise
 - Nutrition
 - Weight
 - Strength Training (low)

2008

- Stage of Change Migration
 - Cardiovascular Exercise
 - Nutrition
 - Weight
 - Strength Training (low)

- Satisfaction
 - This program is valuable, I've lost over 40 pounds, I feel healthier, and life is good!
 - Notre Dame should be commended for doing something like this for it's employees.
 - I started off thinking that this was a dumb idea, but after the health coaching call see a lot of benefit in this program.
 - My health coach helps me feel comfortable, it is a joy to speak with her! And she always focuses on the positive!