



Sharing Expertise - Wellness

Denise L. Moyer
Corporate Benefits Manager
July 29, 2015



Who is B. Braun?

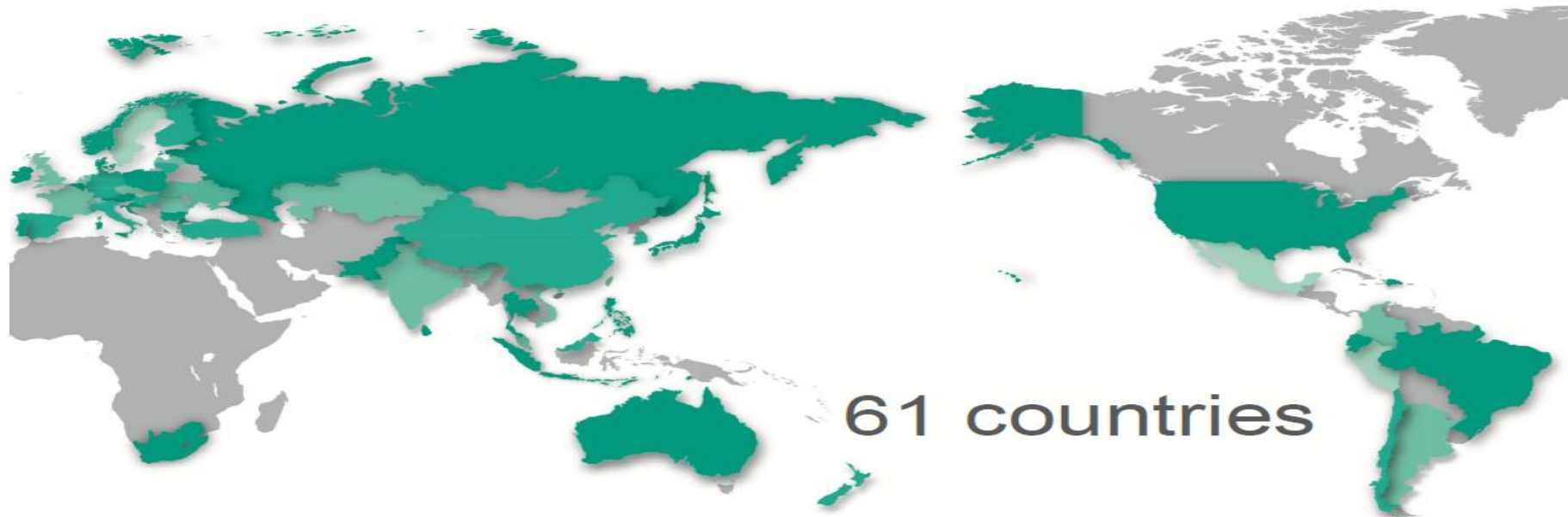


A worker in a blue cleanroom suit and white mask is working on a dental implant assembly line. The worker is wearing a blue hood and a white face mask. They are using a tool to work on a row of dental implants. In the background, another worker in a similar suit is visible. The scene is set in a cleanroom environment with stainless steel equipment.

More than € 5.17 billion in sales



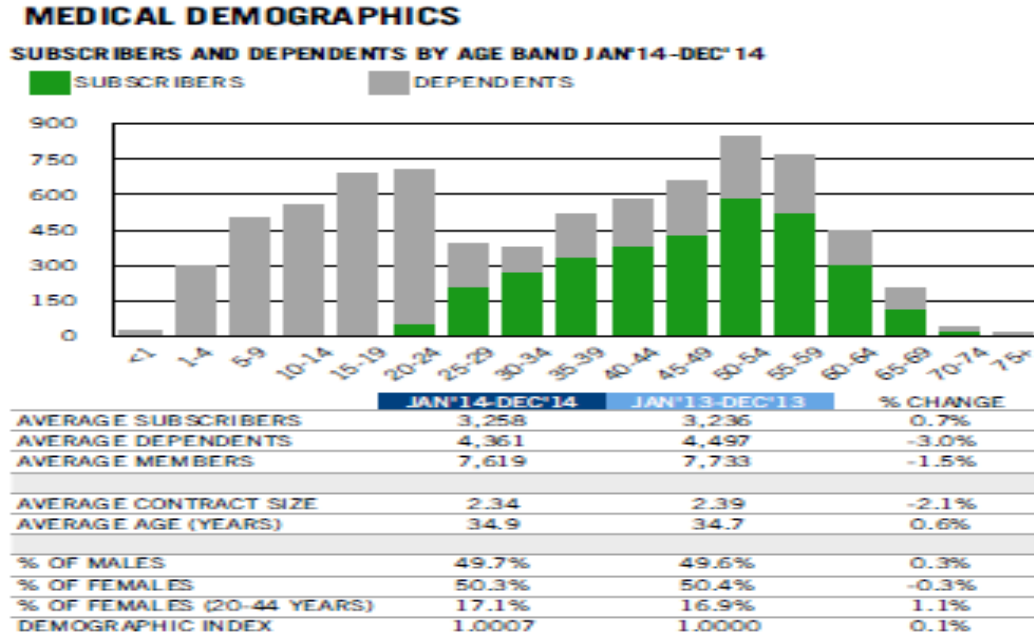
More than 30,000 products



B|Braun USA

- **5,000 Employees**
- **Three Manufacturing Sites**
 - California (Irvine)
 - Pennsylvania (Allentown)
 - Texas (Carrollton)
- **Four Divisions**
 - Aesculap Inc.
 - B. Braun Medical Inc.
 - B. Braun Interventional Systems (BIS)
 - Central Admixture Pharmacy (CAPS)

B. Braun USA's Health Care Challenges



Annual Health Care Spend in 2014 was \$47 Million

B. Braun's Commitment to Wellness

Vision

To improve the lives of employees and their families by encouraging active engagement in the management of their health.

Mission

We are committed to providing programs, resources and education to increase awareness, enhance participation, and promote healthy lifestyle choices which support the overall well-being of our employees and families.



2015

Wellness Calendar

January

B. Fit (Irvine Location)

Glaucoma
Awareness

February

Blood Pressure Screenings
(Irvine and PA Locations)

Heart Health/
Donor Day

March

Healthy Start
National Nutrition Month

Nutrition

April

Autism

May

Step Out Day

Employee
Health &
Fitness

June

Health & Wellness Fairs
Nationwide Exercise Prgm.

Men's
Health
Month

July

Juvenile
Arthritis
Awareness

August

Immunization
Awareness

September

Step Out Day
Heart Walk

Childhood
Obesity

October

Flu Shots

Breast Cancer
Awareness/
Bullying

November

Family
Caregivers

December

Holiday Challenge
(All Major Locations)

Aids
Awareness

Wellness Initiatives and Activities

- Monthly Newsletter
- Wellness Incentive Awards Program (Quarterly)
- Screenings
 - Healthy Start – Biometrics Screening
 - Blood Pressure
 - Thyroid
 - Sleep Apnea
- Weight Management and Fitness Events
 - Fit for Life
 - Step Out Day
 - Walking Works
 - Weight Watchers At Work
 - Holiday Challenge
- Lifestyle Events
 - Lunch n' Learns – Elder Care, Retirement, Depression, etc.
- Annual Health Fairs (during Open Enrollment)

Healthy Start – HRA/Biometric Screenings

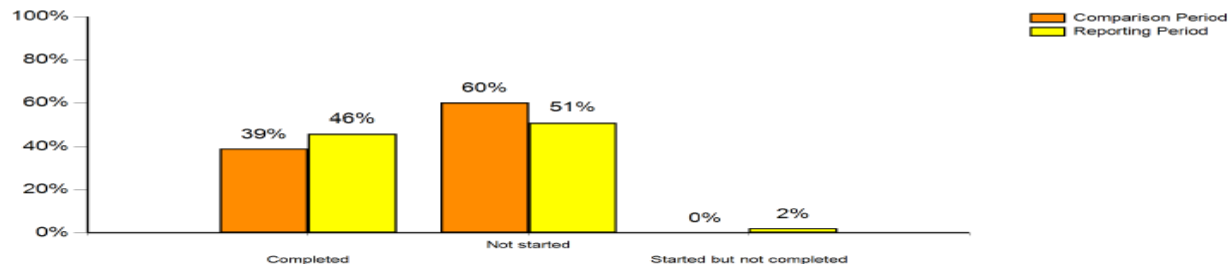
- Provided through our On-Site Health Center Partner – Premise Health
- On-Line Health Risk Assessment (HRA)
- Biometric Screenings
 - Most performed by our B. Well Centers at PA and CA
 - Voucher Program for Non-Proximate employees
 - Primary Care Physicians
- Incentives
 - 2013 – Wellness Day (extra day off)
 - 2014 – Wellness Day (new participants) and/or \$260 annual reduction in Health Care Premium for Plan Year 2015
 - 2015 - \$260 annual reduction in Health Care Premium for Plan Year 2016

Healthy Start Participation

2013 2014 Healthy Start

Participation Rates

Participation Rates	Comparison period		Reporting period	
	Number	Percentage	Number	Percentage
Eligible	4,450	100%	4,700	100%
Completed	1,746	39%	2,182	46%
Started but not completed	22	0%	109	2%
Not started	2,682	60%	2,409	51%



Healthy Start Results

2013 2014 Healthy Start

Wellness Score

Wellness Score	Comparison period		Reporting period	
	Number	Percentage	Number	Percentage
HRAs assessed	1,746	100%	2,182	100%
Healthy	1,014	58%	390	18%
Low Risk	0	0%	978	45%
Moderate risk	590	34%	680	31%
High risk	142	8%	134	6%
Unknown	0	0%	0	0%
Average Wellness Score	81		82	
Median Wellness Score	80		83	

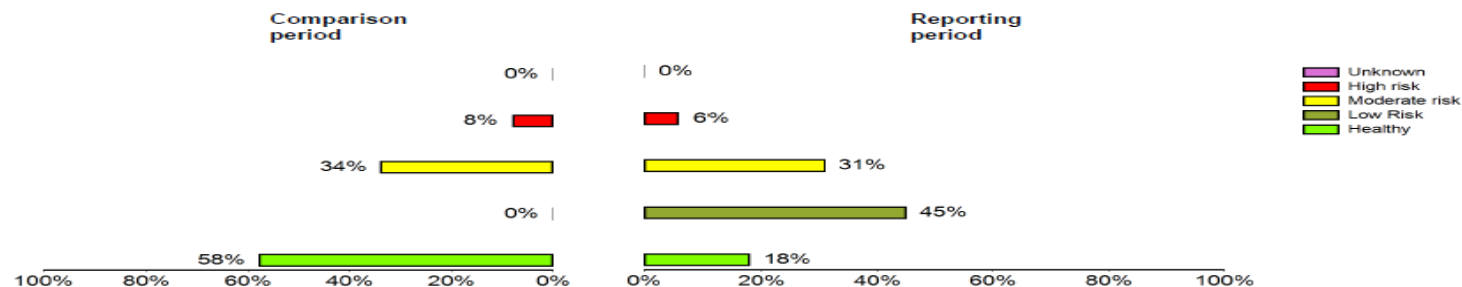
The current wellness score is calculated from participants' answers about lifestyle behaviors, health status, biometric measurements, laboratory test results, and compliance with recommended preventive screenings. These represent modifiable risk factors. It is scored as follows:

Healthy: 90 to 100

Low Risk: 80 to 89

Moderate risk: 70 to 79

High risk: less than 70



Future Opportunities for Creating Culture of Health

- Increased involvement from our B. Well Centers
 - Stretching Programs
 - Weight Management Programs
 - Educational Programs
- Part-Time Wellness Coordinator
 - Increase Wellness Programming Opportunities and Provide Consistency Across the Organization
 - Improve Metrics to Measure Program Impact
 - Coaching and Nutritional Counseling Opportunities
- Better Utilization of Medical Plan Vendor Programs
 - Implementing Capital Blue Cross' Every Move At Work Program in September.