

Obesity in the Workplace by the numbers:

- Overweight men miss 56% more days of work; women with a BMI over 40 have a 141% increase in missed days.
- Obesity among full time employees costs US employers \$73 billion annually.
- According to the Centers for Disease Control and Prevention, 1/3 of Americans are classified as overweight with an additional 1/3 classified as obese.
- Obesity is linked to more than 60 chronic diseases.
- More than 80% of people with Type 2 diabetes, 75% of hypertension cases, and 66% of all heart disease cases are related to being overweight.
- People who are overweight are at increased risk for all cancers.
- By 2030, it's predicted that nearly 50% of Americans will be obese.

MRC programs provide such a great ROI

- Programs are individualized to each employee, providing greater personal investment and success.
- Our individualized approach allows us to meet the needs of a varied and diverse workforce.
- On-site support, motivation, and education increase accessibility and decrease time off from work.
- MRC weight loss specialists perform on-going assessments of progress and compile data to support outcome standards and program efficiency.
- MRC weight loss programs meet regulatory guidelines for participatory and health-contingent programs.



A healthy workforce is a productive workforce.

Increase Bottom Lines through Weight Loss, Wellness and Disease Prevention



MRC – a leader in the weight loss industry for over 20 years

- Proven
 - Safe
 - Cost Effective
- www.emetabolic.com

Preventing Obesity/Containing Costs

Being overweight is not only detrimental to employee health, it also has real costs for others, including you as an employer. Health insurance premiums are ever increasing, as are obesity-related costs incurred from increased workers' compensation claims and lower employee productivity.

The CDC reports medical expenses for overweight employees are approximately 42% higher than for those at a healthy weight. A study conducted by Duke University found that obesity among full-time employees costs US employers over \$73 billion per year, losses comprised through medical expenses, absenteeism and presenteeism – loss of productivity on the job due to weight - related issues.

Weight loss programs are medically responsible for employees, and fiscally responsible for employers.

Obesity-related absenteeism costs US employers \$4.3 billion annually.

Presenteeism costs employers \$506 per obese worker per year.

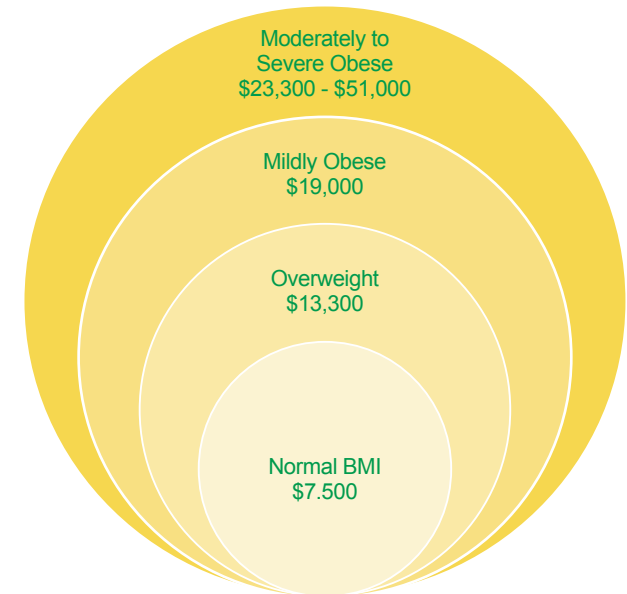
Medical expenses of an overweight worker are 42% greater than for those at a healthy weight.

Metabolic Research Center Our Approach

Every BODY is different, each individual unique, and that is precisely why we offer personalized menus based on individual needs, lifestyles, age, medical conditions and more. Each of our professional weight loss coaches will work with each employee to select the specially formulated fat-burning menu that will maximize weight loss quickly. At MRC we believe in the power of real food; all of our menus are designed using real foods that are prepared at home or even eating out in restaurants – no expensive pre-packaged meals. We give each of your employees individual attention ON SITE and adjust programs as needed, minimizing incidents of your needing to offer program alternatives. Our programs can be so specialized we can anyone achieve success with their weight loss goals!



As BMI Increases, Workers' Comp Claims Increase



Medical Claims costs per 100 workers
Source: *The Costs of Obesity: The Country, the Work Place, Workers Compensation*, NCCI Holdings, 2011 Annual Issues Symposium

Average weight loss with MRC = 2.5 pounds/week!

Reduce average adult's BMI by merely 5%

Increased national savings by \$29.8 billion in 5 years