Engineering Wellness for Sustainable High Performance

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About Intel Corporation

Our Vision: If it is smart and connected, it is best with Intel

Data Center  Client  Ultra-Mobile  Wearables/IoT

Leading Manufacturer of Computer, Networking & Communications Products

107,000 employees worldwide..... 170 sites in 66 countries

$56B in Annual Revenues

Top 10 brand........Most Admired Company

2015 Helen Darling Award for Excellence and Innovation

2014 Total U.S. Healthcare Spend: ~$600M

Major US Sites: Arizona, California, New Mexico, Oregon, Texas
Intel Wins When We Are At Our BEST
Our Journey

CDHP 2003-2005 Consumer Driven

Health for Life 2006 Wellness

2008 Onsite Clinics

Connected Care 2013 Care Delivery
Time to Reinvent Wellness

Yesterday’s wellness programs
• One size fits all approach
• Clinical data focused
• Limited support for change

Tomorrow’s Wellness Program
• Help Intel Win
Performance Continuum

Burn Out

Sustainable High Performance
Inputs to Sustainable High Performance

“Reinvent wellness to achieve your best self and meet the demands of your day”
Get our employees thinking about their health in a different way and help them know HOW to improve their lives.

Focused on four essential areas:

- Mindset
- Movement
- Nutrition
- Recovery

Emphasizing small steps and simple actions can lead to big change.
Lifestyle focused to help you lead a full life
Personalized action plan to take small steps or big leaps
Live and remote 1:1 support to coach and guide for sustainable change
Extensive Vitality Services to support specific skill building
Café and fitness center integration to facilitate healthy choices

MEET MARIA
Factory work, standing, upper extremity work
Doesn’t feel she has the time to eat properly and exercises on non-working days at a local gym

Vitality Check: Scores low in nutrition and recovery
Goal: Wants energy on non-working days
Obstacles: Not sure what to do, believes nothing can help
Plan: Scheduled nutrition consultation, corrective movements, knowledge videos
Maria agrees to try dietary tactics!

MEET JOHN
Works at his desk all day
He hasn’t exercised in a long time and lacks confidence he can do it right

Vitality Check: Scores low in movement and recovery
Goal: Wants to keep up with kids in the park
Obstacles: Not much time available nor confidence
Plan: Scheduled personal training 1:1; set missions
John gained an initial feeling of “I can do this”!
Status

May 2015

- Launched March 1, 2015
- Metric develop to assess perception, participation and engagement
- Considering global adaptation

INTEL® VITALITY PROGRAM SUMMARY

Critical Success Indicators

- Participation
  - Complete Digital Assessment + Coach Consultation
  - 11% participation rate

- Engagement
  - Engagement in at least 1 service
  - 24% engagement rate

- Participation Perception Score (PPS)
  - Weighted average of all perception survey questions
  - 50% PPS rate

32% Already Completed Assessment!!
"My overall health journey has been difficult and very frustrating...[the Intel Vitality Program is] honestly the first time a conversation with a health coach of any kind has started off positively instead of focusing on BMI, and I left feeling that I could actually make good progress toward my goals this year!" 
Intel Employee

"Tignum changed my life" Intel Leader

"I need Tignum to help my org work smarter not harder" Intel Leader
Thank you