



2015 Workplace Wellness Summit

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



2003-2005
Consumer Driven



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



Intel® Vitality Program

Small steps + simple actions

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

Emphasizing small steps and simple actions can lead to big change



Mindset



Movement



Nutrition



Recovery



We're Raising the Bar
 Generate positive change and improve the vitality of Intel employees

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

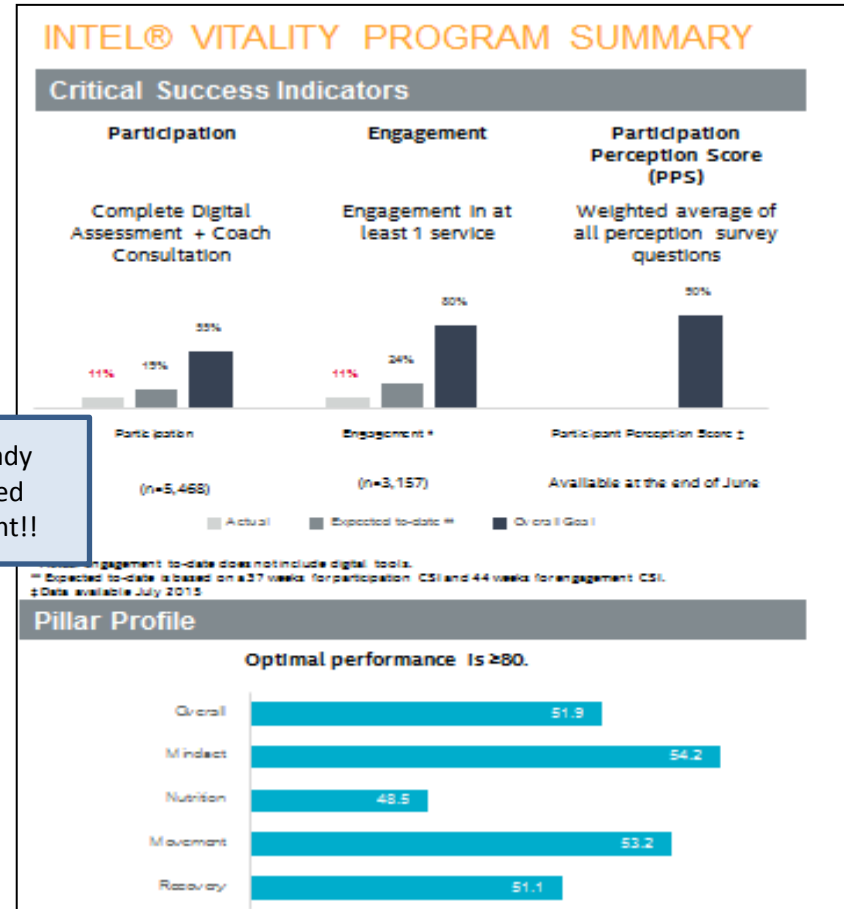
"I can do this"!

Status

May 2015

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

32% Already Completed Assessment!!

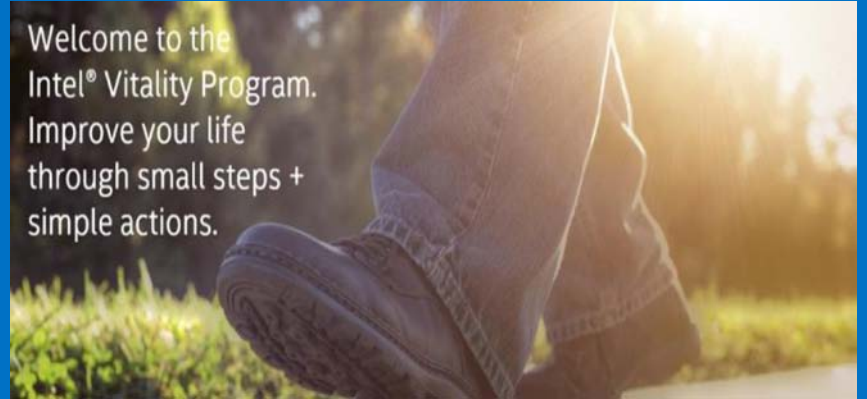


Bottoms Up and Tops Down

“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

Welcome to the
Intel® Vitality Program.
Improve your life
through small steps +
simple actions.



**Executive
Accelerator**

The logo for Executive Accelerator features a stylized graphic above the text. The graphic consists of a green shape on the right and a colorful, multi-colored shape on the left, resembling a fan or a stylized 'E'. A blue line with a dot at the end points from the center of the green shape towards the colorful shape.

“Tignum changed my life” Intel Leader

“I need Tignum to help my org work smarter not harder” Intel Leader

Thank you

