

# How Retrofit helped DeVry Education Group improve employee health and its bottom line.

Overweight and obese employees run the risk of developing severe medical problems. In fact, many of them are likely already suffering from weight-related health issues. Not only can these illnesses be life threatening, but they also drive up employer costs through decreased productivity and increased insurance expenses. One study has shown that the annual medical spending for obese individuals is approximately \$1,400 higher than spending for their healthy-weight peers<sup>1</sup>.

Retrofit is a leader in corporate weight loss. We integrate innovative wireless technology and personalized expert coaching to provide a one-of-a-kind online weight-loss program. Everyday, we work with high-profile companies, like DeVry, to improve the health of their employees and lower their health care costs. After working with Retrofit, DeVry is saving tens of thousands of dollars per year due to a healthier, rejuvenated workforce.

### The DeVry Objective

As a smart, progressive company, DeVry understands the importance and value of employee health and wellness. They recognized that weight was an issue for many of their employees and partnered with Retrofit in 2012 to help them lose weight and live healthier.

### The Retrofit Solution

Since partnering with Retrofit, nearly 100 DeVry Education Group employees have participated in our customized, expert-led program. Each employee received:

- A personal team of three wellness experts—Registered Dietitian, Exercise Physiologist, and Behavior Coach
- A Fitbit® wireless activity tracker
- A Withings® Wi-Fi scale



Chris C.  
Lost 57 lbs

# Retrofit Corporate Weight Loss

Our expert teams designed custom weight loss plans addressing dietary and exercise habits as well as behaviors and mindset to help each employee reach his or her weight loss goal. Behavioral change is essential to sustainable weight loss and a core philosophy of the Retrofit program.

Participants met with their experts every month via Skype™ video-conferencing at their convenience. Retrofit experts were available morning, noon, and night for private sessions. This flexibility made it easy for DeVry employees to find time to make their health a priority.

Real-time feedback from their wireless devices proved fun and motivating. DeVry employees challenged one another to friendly competitions and worked towards individual and group milestones.

## Long-Term Results

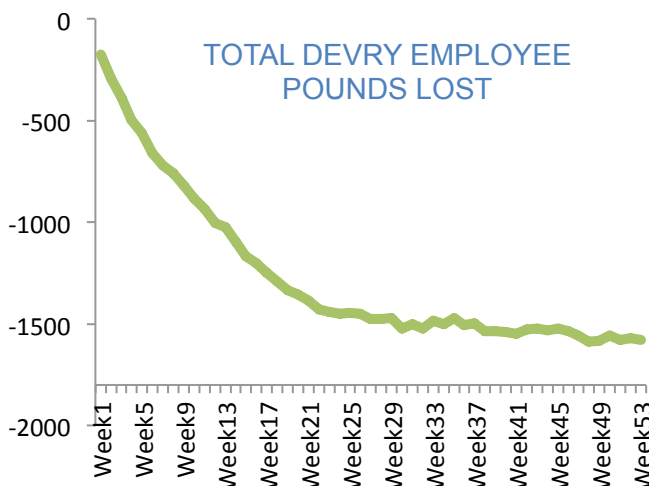
Since working with Retrofit, DeVry has discovered clinically significant\* results, including:

- Total loss of 1,600 lbs.
- Average individual loss of 16.7 lbs.
- Total obesity reduction of 15%
- Annual medical savings estimated at \$67,593

And the transformation in the office culture is equally impressive. Retrofit has helped establish a new culture at DeVry where healthy lifestyle habits are second nature. Darin Winckler, Director Global Benefits, has received hundreds of emails from his staff thanking him for providing Retrofit and other wellness opportunities. "Employees using Retrofit love the program. The feedback we received has been outstanding. People that have been trying to lose weight for 20 to 30 years finally had success with Retrofit." Winckler says.

"I would definitely recommend Retrofit. It works. Not only does it educate you, it also changes your habits. Retrofit helps you lose the weight and keep the weight off."

– Darin Winckler,  
Director Global Benefits, DeVry  
Education Group



\*Weight loss amounts that have been found to decrease the risk of developing weight-related co-morbidities<sup>2,3</sup>.

1. Finkelstein, E. A., Trogon, J. G., Cohen, J. W. & Dietz, W. Annual medical spending attributable to obesity: payer- and service-specific estimates. *Health Aff. Proj. Hope* 28, w822–831 (2009).

2. Wing, R. R. *et al.* Benefits of modest weight loss in improving cardiovascular risk factors in overweight and obese individuals with type 2 diabetes. *Diabetes Care* 34, 1481–1486 (2011).

3. Knowler, W. C. *et al.* Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N. Engl. J. Med.* 346, 393–403 (2002).