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## Ardent Health Services Partners with Bravo Wellness to Provide Employee Wellness and Incentive Program

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Innovative Benefit Program Designed to Improve Employee Health and Reduce Costs  
NASHVILLE, Tenn.--(Business Wire)--

Ardent Health Services ([www.ardenthealth.com](http://www.ardenthealth.com)) has selected Bravo Wellness to provide health assessment and wellness incentive services to its 6,500 employees. In addition to improving employee health and productivity, the partnership has the potential to reduce the company's overall health care costs, including out-of-pocket expenses for employees.

As part of the three-year agreement, Ardent will supplement its current wellness efforts by offering employees the opportunity to participate in an online health risk assessment as well as blood pressure, glucose, cholesterol, tobacco and body mass index screenings. Participating employees will receive a discount on their monthly health insurance premium contribution while those who meet certain screening criteria will qualify for additional deductions.

"As a provider of both health care and health insurance services, we see tremendous value in engaging employees in the wellness process from the very beginning," said Neil Hemphill, Ardent's senior vice president of human resources. "Partnering with Bravo will allow us to better manage our overall health care costs while providing a meaningful benefit that can positively impact our employees' health as well as their wallets."

Bravo's corporate wellness programs provide employers with an average annual savings of nearly 10 percent. While only three in 10 employees participate in traditional wellness programs, Bravo's programs provide financial incentives that increase employee participation. Most Bravo clients experience an average of 92 percent participation.

"We are thrilled to work with a premier provider of health services such as Ardent," said Jim Pshock, president of Bravo Wellness. "We have found that with many companies, it is not enough to have wellness tools. With meaningful incentives, employees adopt lifestyles and behaviors to sustain good health. We are pleased to supplement Ardent's wellness tools with our results-based wellness incentive solutions to assist them in effectively managing rising health care costs."

### About Ardent Health Services

Based in Nashville, Tenn., Ardent subsidiaries own and operate acute care health systems located in growing urban and suburban areas. The network includes seven acute care hospitals, a rehabilitation hospital, a multi-specialty physician group, a 220,000 member health plan and a nationally-recognized medical laboratory. Through continued investment and a shared commitment to quality, Ardent is building stronger hospitals and stronger communities in each of the markets it serves. For more information about Ardent Health Services, visit

[www.ardenthealth.com](http://www.ardenthealth.com).

#### About Bravo Wellness

Bravo Wellness offers services to employers and business partners desiring results-based incentives for wellness. Customers experience immediate cost savings by linking employee incentives to participation and results. Bravo Wellness recognized the potential legal challenges of health insurance law, including HIPAA non-discrimination regulations, and has unique expertise in the practical application of wellness regulations for group health plans. Bravo Wellness is headquartered in Avon, Ohio. For more information about Bravo Wellness, visit [www.bravowell.com](http://www.bravowell.com).

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