

RediCare

**How a leading
company changed
lives and saved
money.**

A Case Study

THE CHALLENGE

When the company's occupational health department reviewed their health numbers, the facts were sobering. Routine health assessments showed that there was a very high prevalence of chronic disease such as high blood pressure, elevated cholesterol, pre-diabetes, overweight and obese conditions within their employee base who were on shift work. What's more, as their loyal, highly skilled and long-tenured population aged, the odds of this problem worsening were very real.

THE STRATEGY

After a review of various service offerings, the occupational health team soon realised that the RediCare evidence based, digital behaviour change program would be ideal to meet the needs of the company and their employees.

THE SOLUTION

The company offered the clinically validated RediCare 8 program to its "at-risk" employees. RediCare onboarded the employees onsite and captured initial health metrics such as blood pressure, lipid profiles, HbA1c, weight, BMI etc. The intervention was then delivered online, participants were given a very specific program to follow and an easy to use app to track their food, weight and exercise on a daily basis. Each participant's progress was reviewed weekly and they were sent personalised video reviews on their activity and performance along with guidance for the following week. One-to-one telephone consultations were also made available to all participants.

"Bringing on an innovative preventative health partner like RediCare is exactly what we needed for our employees"

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THE RESULTS

The results were profound; employees embraced the program, it was made super convenient for them to access and onboard. As the program was digitally delivered it removed the need for participants to drive to a physical location to meet their health coach. The program does not require participants to buy expensive branded meals; all the foods suggested in the program are wholesome, healthy foods which can be bought in any local grocery store.

The program was all about making very targeted and easy to implement changes to lifestyle which are sustainable and long lasting.

The results were very impressive and clinically significant.

BY THE NUMBERS



TYPE 2 DIABETES AND PRE DIABETES

There was one type 2 diabetic at program start. This participant made significant health improvements and by the end of the 8-week program was in remission with an HbA1c of under 6.5%. All employees who presented as pre-diabetic at program start had reversed their condition back to normal HbA1c levels at program completion.

PARTICIPATION

Employee participation rates were impressive with 89% of participants who started completing the program. 100% of participants lost weight and reduced their blood pressure. 94% of all participants reduced their triglyceride levels and 81% reduced their cholesterol levels.

“To really tackle the root issues of chronic disease head-on, we wanted a program that was evidence-based, with proven clinical outcomes and combined innovative technology with high human touch. Something that would adapt to employees’ individual needs as they went through it.”

Occupational Health Doctor

ABOUT REDICARE

RediCare has pioneered digital behavioural medicine, a new approach to tackling the growing epidemic of, heart disease, type 2 diabetes, and obesity. Our online program combines the latest nutritional science, technology, and ease of access to inspire and enable people everywhere to live free of chronic disease.

WORK WITH US

RediCare works with employers, health insurers and individuals to help reduce the enormous cost burden of chronic disease. Each deployment is tailored to our customers’ needs to achieve optimal enrolment, clinical outcomes, and financial impact.

WHAT WE OFFER

- Customised marketing campaigns to captivate and encourage employee enrollment.
- Dedicated account manager for one point-of-contact.
- De-identified, aggregate reports to keep you updated on progress.

GET IN TOUCH

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