



In the world of wellness, *results rule.*

IHS leads the way in health and wellness by using *data* to drive results

At Interactive Health Solutions (IHS), results rule. Quantifiable, proven results. For a generation, we've been the innovators and leaders in using clinical data - not hype - to deliver measurably different and measurably better health management programs.

Our 20-year track record of success rests on being totally focused on treating wellness as a quantifiable science. IHS proprietary wellness programs harness biometric data to connect each employee with a tailored, rewards-driven action plan. That ensures your workforce is fully accountable for their behavior.

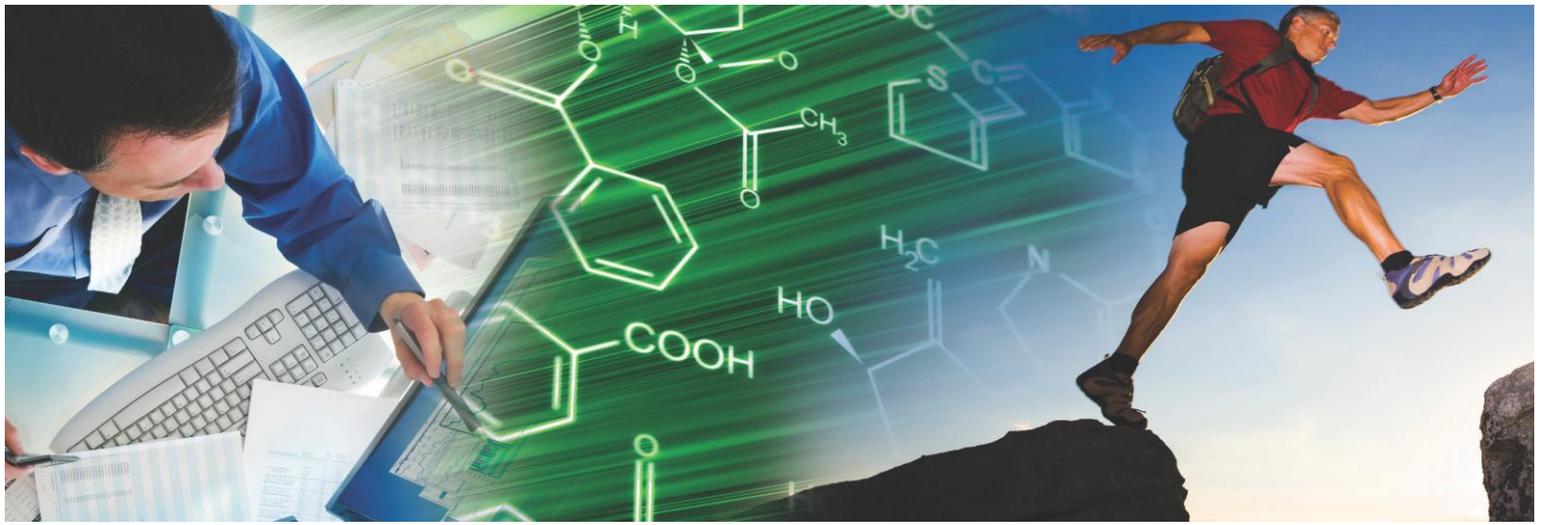
The IHS Difference:

- Pioneers and leaders for over 20 years
- HIPAA-compliant, performance-based incentives ensure employee accountability
- Leverage clinical data to link employee to individual action plan
- One of the first companies nationally to earn NCQA accreditation
- 54% – 65% lower medical cost trends
- Lower workers' compensation and quicker returns from short-term disability



What's *your* healthcare strategy?

Healthcare is an investment in your company. Leverage health plan prevention benefits and incentives to drive the results your business requires. We believe the health of your employees not only impacts healthcare costs, but also productivity, work quality, workers' compensation and disability costs. That's why IHS tests every organ of the body, including kidney, liver and bones to provide a full picture of an employee's health status. With IHS as your strategic partner, you are investing in a long-term, sustainable wellness program. We can even teach you best practices to implement it with little or no funding. By treating health management as a strategy instead of an expense, your company will earn substantial dividends.



Proven results in building *healthier* companies

The IHS Difference:

- 81% of participants *achieve their goals*
- 27% of smokers *quit smoking*
- 88% of members with elevated blood pressure, *improved their blood pressure*
- 62% of members with elevated glucose, *reduced their glucose levels*

Only IHS has a 20-year track record building the *Healthiest Companies in America*

We take pride in having a long and growing list of top-tier organizations across the country who qualify as “The Healthiest Companies in America.” Since instituting our programs, these companies have benefited from higher productivity, lower workers’ compensation and disability claims, lower medical costs, and reduced absenteeism.



Our promise is accountability

The IHS approach holds every employee fully accountable for their health. We measure performance based on clinical outcomes and provide the tools and resources that empower employees to take control of their health. Because experience has shown us that it's not wellness activities that are important, but quantifiable results.

**TOTAL
INSURANCE
SERVICES, INC.**

For More Information, contact Mike Levin
Main Phone (847) 205-1777 • Cell (847) 778-5543
Email: MikeL@totins.com • Website: www.totins.com

ihs

The Science of Wellness