

OVADIA HEART HEALTH

MAKE EMPLOYEES HEALTHY AGAIN

Burns Dental Case Study



MAKE EMPLOYEES HEALTHY AGAIN



Key Wins

- 14 people lost a collective 173lbs and 24 waist inches
- Every participant had improvements in multiple metabolic health markers
- All blood markers were significantly improved across the group, including HbA1c, triglycerides, and fasting insulin
- Health markers improved for every age bracket including 78-year-old men and women

Introduction

The Ovadia Heart Health Team recently completed a six month Employee Wellness Program for Burns Dental Group in Oregon. This metabolic health-focused program delivered company-wide health achievements and milestones to prolong individual lifespan. It serves as an inspiring illustration that when a company shifts from “standard” disease management worksite wellness to cutting edge metabolic health enrichment, success is almost inevitable. In this paper, we’ll examine the company results and highlight several remarkable individual accomplishments.



PROGRAM COMPONENTS

This was a six month intervention Employee Wellness Program led by Krisna Hanks, a metabolic health coach and Director of Employee Wellness Programs, in partnership with Nurse Practitioner Lisa Simmons and with oversight from Dr Philip Ovadia. It was also supported by our metabolic health coaches Jen Cleveland and Chris Cornell. There were 14 participants from Burns Dental Group, aged 20 to 78 years young. In addition to six group metabolic health coaching sessions, each participant completed:

- An extensive pre- and post-program blood panel consisting of fasting insulin, hs-CRP, insulin resistance, inflammation markers, homocysteine and HbA1c (90-day blood glucose average).
- Six one-on-one metabolic health coaching sessions with one of our certified metabolic health coaches
- A one-on-one personal lab review with Lisa Simmons
- A pre- and post-program Metabolic Health Scorecard™ to track progress and better understand their metrics
- My Wellness Plan, outlining short- and long-term goals, action steps, and The Why behind wanting to be healthier

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This fully comprehensive employee wellness program had two onsite visits at the Burns Dental company premises in Oregon. The initial onsite visit was held just after the first (pre) lab testing, and the second was after the completion of the second (post) lab testing. Onsite and personal interaction is a key component of building rapport, establishing personal relationships with the individuals, addressing their specific needs, and being a driver in how to implement the best strategies for health enhancement.

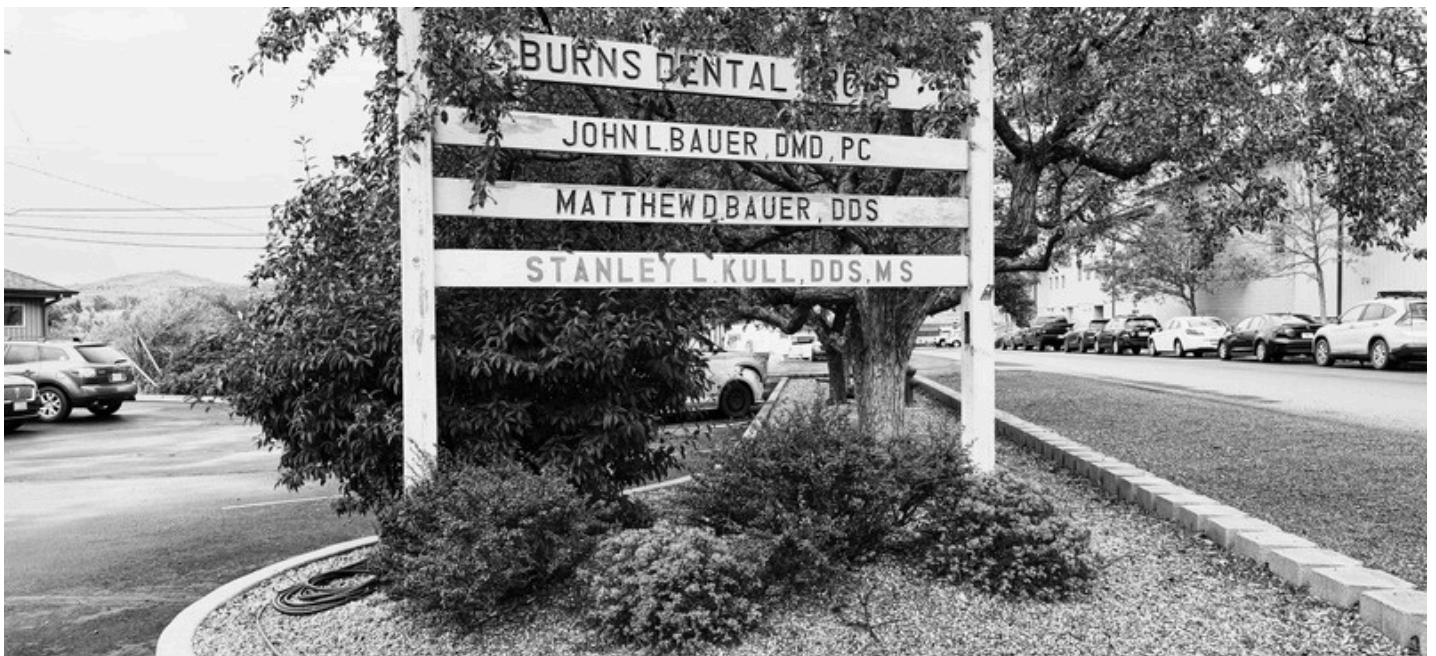
A unique aspect of our Employee Programs is the oversight from Dr. Philip Ovadia. Both onsite visits included a live group Q and A with Dr. Ovadia to ask questions and talk about metabolic health from his medical vantage point. To the best of our knowledge, this is a unique interaction opportunity not available in any other Employee Wellness Programs.

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Company Background

Burns Dental Group has been servicing the Burns/Hines communities and Harney County since 1979. Currently Matt Bauer, DDS (Dr. Matt) is head of the company and took over after his father John Bauer, DDS retired. The company offers a wide range of dental services, periodontal, preventative, kids' dental, and cosmetic. Burns Dental is heavily involved in the surrounding community and well known for high quality and personal care to its patients over many decades. See <https://burnsdentalgroup.com/> for more info.



Results

Start		Finish
Group Average HbA1c	5.5	5.3
Group Average Insulin	12.2	8.8
Group Average Triglyceride	117	96
TG over 150 (N=5)	175	130
Insulin over 10 (N=6)	20.2	12.8
HbA1c over 5.7 (N=5)	5.8	5.6
Waist Inches Lost	23.75	1.7 Avg per person
Pounds Lost	173	12.36 Avg per person

Blood pressure 9/14 decrease

Company Group Results

Although this was a six-month program, the actual time between first and final blood draws was five months. In this time, all of the 14 participants demonstrated positive results in at least two metabolic health markers, and three improved in all five metabolic markers of fasting blood glucose, blood pressure, waist circumference, triglycerides (TRIG) and HDL cholesterol.

In total, 173 pounds were lost, with just over 12 pounds on average per participant. A total of 24 inches of waist circumference were lost, with just under two inches per person average. Company average HbA1c reduced from 5.5 to 5.3. Average fasting insulin reduced from 12.2 to 8.8. Average triglycerides reduced from 117 to 96.

At the outset of the program, a small subset of individuals exhibited markers of TRIG over 150 (N = 5), and their average of 175 was reduced to 130. For individuals with fasting insulin over 10 (N = 6), the average reduced from 20.2 to 12.8. For individuals with HbA1c over 5.7 (N = 5), the average reduced from 5.8 to 5.6.

A key win in overall group health was noted by the Burns Management team that little to no sick days were utilized during the program. This represents real cost savings and is a positive component of health enhancement in the workplace.

Female age 70 lost 24 lbs and five inches from her waist.

Other reductions were:
Triglycerides from 211 to 122
Fasting glucose from 110 to 95
HbA1c from 6.3 to 5.8.



She is another true testimony that metabolic health improvements can happen at any age if one is invested and committed to prioritizing health with the proper tools and coaching.



A Small Sample of Personal Wins and Empowerment

A 26-year-old female lowered her fasting insulin from 19.5 to 8.6. As a young individual, she had previously only been informed to look at fasting glucose and had been told it was in “normal range.” She now has the knowledge about the role insulin plays in metabolic health and will be monitoring her fasting insulin going forward for better health as she ages.

Male and female participants, both aged 78, decreased their waist circumferences and body weight along with improving their HbA1c markers. They are proof that age is not a determinant in health enhancement even in a short amount of time.

A female aged 60 lost 20lbs and two inches from her waist. Her Triglycerides lowered from 180 to 104 and fasting glucose from 105 to 100. There was also a nice improvement in blood pressure from 171/96 to 139/79. As a very active outdoor individual, she saw noticeable improvements in energy, stamina, and vibrancy.

A 48-year-old male lowered his TRIG from 141 to 84, increased his HDL from 59 to 68, and lowered HbA1c from 5.7 to 5.5. He now has more tools and understanding about the impact of nutrition and other lifestyle components to augment his health.

A female aged 70 lost 24lbs and five inches from her waist. Other reductions were Triglycerides from 211 to 122, fasting glucose from 110 to 95, and HbA1c from 6.3 to 5.8. She is another true testimony that metabolic health improvements can happen at any age if one is invested and committed to prioritizing health with the proper tools and coaching.

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Beyond the Scale Improvements

Overall health enhancement is not simply a story of lab markers and test results. Yes, those matter, but overall health and wellbeing impacts energy at work and home, satiety levels, mood, ability to focus, motivation, movement and strength improvements, creativity, mental clarity, and inspiration for ongoing sustainability. These are just a sampling of the improvements shared with our experienced metabolic coaches during the monthly one-to-one sessions.

Final Note

The Ovadia Heart Health Employee Wellness Programs reflect our tele-medicine practice is a team-based approach to metabolic health as well as heart health. This team system includes meeting with a certified metabolic coach regularly, participating in group coaching, meeting with our Nurse Practitioner and then with Dr. Philip Ovadia. Our entire team is behind you, providing continuous support in all aspects of your journey.

Employee Wellness programs have been around for decades, indeed the name has evolved from Worksite Fitness to Corporate Wellness to now Comprehensive Employee Health Management. Despite the name and focus changes, there has been little to no efficacy demonstrated in terms of improving health markers. It's time for change.

In business, if an investment produces a poor or negligible return, the prudent strategy would be to let it go and implement a new business strategy. The same is true for your employee wellness. Metabolic health in the workplace is the future, and we invite you to be early to the party. Let's ***Make Employees Healthy Again*** the way forward as a nation.



The OVADIA[®] OVADIA HEART HEALTH Difference

OHH EMPLOYEE WELLNESS	STANDARD PROGRAMS
Metabolic Health Enhancement	Disease Management Focused
Heart Surgeon Oversight	HR or Insurance Co. Oversight
Individual Education and Empowerment	Instructive One Size Fits All
Experienced Metabolic Coaches	Insurance Trained Coaches
Combine Onsite and Virtual Program	Virtual Self-instructed Programs
Private Medical Practice Success	Minimal Long-term Results
Utilize Current Research and Tools	Standard Medical and USDA Advice
Results Focused	Participation Focused



OUR TEAM



Paper Written By:

Krisna Hanks

Director of Employee Wellness

Ms. Hanks holds a MS in Kinesiology from Indiana University and an MBA from the University of San Francisco. She is a certified Metabolic Health Practitioner, Nutrition Network Coach Practitioner™ with decades of experience as a worksite wellness consultant and executive coach. Currently Krisna is Director of Employee Wellness and Metabolic Health Coach with Dr. Philip Ovadia and the I Fix Hearts Team. Her background combines years as a professional dancer in Europe and USA, certified worksite wellness advisor, Diabetes Prevention Specialist, Senior Fitness and certified Classical Pilates instructor.

Dr. Philip Ovadia

Board-certified Cardiac Surgeon and founder of Ovadia Heart Health

Our mission is to optimize the public's metabolic health and help people like you stay off my operating table. As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed – metabolic health. Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.

Next Steps: Your heart's health is too important to leave in the hands of someone who doesn't fully support your wellness journey.

CONTACT US



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