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Vanderbilt Dayani Center for Health and Wellness and Aegis Health Group

Expand Partnership for Worksite-Based Health Initiatives

(NASHVILLE, TN – April 21, 2009) — The Vanderbilt Dayani Center for Health and Wellness and Aegis Health Group announced today the expansion of a longtime partnership to better meet the growing consumer demand for health education and healthier lifestyle habits.

Together, Vanderbilt and Aegis have been serving the nation's hospitals and business communities for nearly a decade. Central to this effort has been the Vanderbilt Dayani Center's development of Personal Health Reports – customized tools that Aegis and participating local hospitals use to provide important feedback to employees regarding their potential health risks and recommendations for the enhancement of their health through sensible lifestyle changes. The expanded agreement calls for routine updates to these recommendations based on the latest research findings and evidence-based best practices.

“It is important to be continuously updating the Personal Health Reports because health guidelines are always changing as our knowledge and experience expands,” said Jay Groves, administrative director for the Vanderbilt Dayani Center. “This product provides empirical data that helps employees stay well and allows employers to reliably take actions to mitigate their health care costs.”

Currently Aegis assists hospitals across the nation build lasting partnerships with their local employers by bringing proven wellness programs to the workplace. These programs help reduce employers' health-related costs and enhance productivity as employees become healthier. While hospital-based programs will continue to be Aegis' primary area of focus, the expanded agreement with the Vanderbilt Dayani Center also makes it possible for Aegis to now bring health-management initiatives directly to employers in select markets.

(More)

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“We have found a great partner in the Vanderbilt Dayani Center,” said Henry Ross, Aegis’ chief executive officer. “They have developed a product that is unmatched in the marketplace and, as a result, we are able to effectively communicate health risks as well as lifestyle-improvement recommendations to everyone that participates in one of our wellness programs and completes a Personal Risk Assessment.”

Christopher Rand, Manager of New Venture Development in the Vanderbilt Office of Technology Transfer and Enterprise Development sees the partnership as a win for Vanderbilt. “We license Vanderbilt intellectual property to a number of companies, both in the U.S. and internationally, each year. However, we’re extremely pleased when we can help foster relationships with local firms and capitalize on the health care strength in this community.”

About the Vanderbilt Dayani Center for Health and Wellness

Founded in 1989 the Vanderbilt Dayani Center for Health and Wellness is a nonprofit, medically based fitness center owned and operated by Vanderbilt University Medical Center. Its primary services include prevention of lifestyle-related diseases, rehabilitation therapies, seminars and workshops, health risk appraisals and workplace programs, intervention services, wellness consultation services, and an executive health program. Further information can be obtained at vanderbilthealthc.com/dayani.

About Aegis Health Group

For 20 years Aegis has helped hospitals across the country form lasting relationships with employers and their employees while improving the health of the workforce. Aegis’ workforce-health initiatives can currently be found in more than 60 health care organizations and 4,000 employer sites across the country. No other company has been able to match Aegis’ breadth of services, track record and bottom-line proven performance when it comes to building relationships between hospitals and area employers. Further information may be obtained at aegisgroup.com.

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