



HOUSTON  
**Methodist**<sup>®</sup>  
LEADING MEDICINE

# Medical Center Brings New Life To Corporate Wellness

Houston Methodist is a leading academic medical center and has been listed as one of Fortune's "100 Best Companies to Work For" for ten years in a row. The center includes seven hospitals, a research institute, emergency care centers and a comprehensive residency program.



HEALTH SOLUTIONS

**ABOUT HOUSTON METHODIST:**

HEADQUARTERS: HOUSTON, TX

NUMBER OF EMPLOYEES: 18,500

LOCATIONS: 11+ ACROSS GREATER HOUSTON

## THE STORY

In 2014, Houston Methodist launched its Pick Up the Pace program to boost company culture and bring new energy to its long-running wellness program.

### THE START

To get employees motivated, Houston Methodist generously subsidized the costs of two devices for each participant of their new wellness program—one for the participant, and one for the participant's spouse or partner.

### THE ROADBLOCK

The launch of this new program brought a few challenges, as meetings about enrollment benefits resulted in a number of ongoing questions. Eventually, Houston Methodist appointed one employee as their wellness administrator, who focused on executing their wellness program, answering wellness questions, and empowering participants with information.

### THE RESULT

Pick Up the Pace was a huge success and delivered drastic improvement to overall company culture. Thanks to their dedicated wellness administrator, Fitbit Health Solutions, and other program initiatives, Houston Methodist saw that employees were more engaged and motivated than ever—walking during their breaks, becoming Fitbit friends with the CEO, and even taking bets at work about their step count.



## EMPLOYEES SOUND OFF

“I am 59 and I want to be healthier and stronger so that when I do retire with my beloved we can have a lot of good years fishing, camping and enjoying our grandkids not sitting in a line at the doctor’s office. I want to get in an exercise program I can stick with and this Fitbit will hold me accountable. Thank you for this opportunity to improve our lives and be healthier.”

EMPLOYEE NOTE TO HOUSTON METHODIST CEO MARC BOOM

## TIPS & TAKEAWAYS



**Combine Competition & Fun:** Tap into employees’ competitive sides to get them engaged. Houston Methodist challenged people to beat the average daily step count of different department CEOs.



**Offer the Unexpected:** Employees were rewarded for their activity through credits that increased their chances of winning exciting raffle prizes. The grand prize? \$10,000.



**Energize Challenges With Themes:** Houston Methodist ran monthly challenges with different themes to regularly reinvigorate their thousands of employees.



**Include Spouses:** To encourage a sense of community and increase participation, Houston Methodist offered Fitbit devices to employees’ spouses and partners.

90%

of Houston Methodist employees participated in Fitbit Health Solutions

16k+

Average steps taken per day by Houston Methodist executives

\$4.5m

Money saved on health costs in 2015



To learn more about how Fitbit Health Solutions can help you develop successful programs, create engaging challenges and improve employee health, contact us at [www.healthsolutions.fitbit.com](http://www.healthsolutions.fitbit.com). CS-002-E