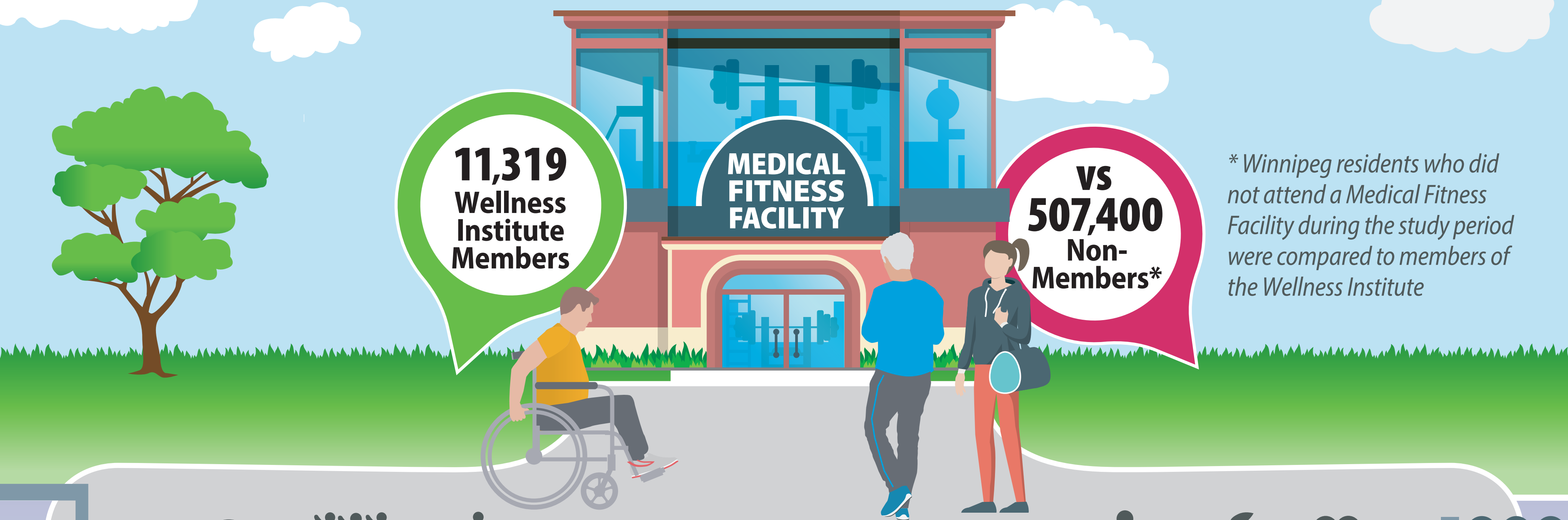


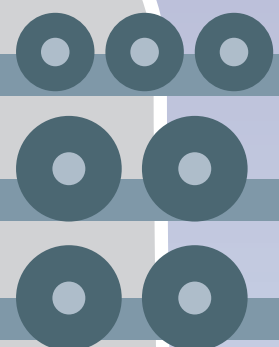
The Impact of a Medical Fitness Model on Incident Major Adverse Cardiovascular Events:

A Prospective Cohort Study of 11,000 Members (JAHA, 2024)



MEMBERS HAD ACCESS TO:

- Personalized health assessment and wellness plan
- Exercise space, equipment and classes
- Guidance from degreed, certified professionals
- Healthy lifestyle coaching in areas including nutrition, sleep, stress management, smoking cessation and chronic disease management



The study group and control did not have a prior history of major cardiovascular events



Average age = 47 years
• 54% male
• 46% female



The study group and control were matched on: age, multiple diseases, gender, income and year of study entry

MEMBER OUTCOMES



Members swiped in to access the facility and were identified as low- or regular-frequency attenders

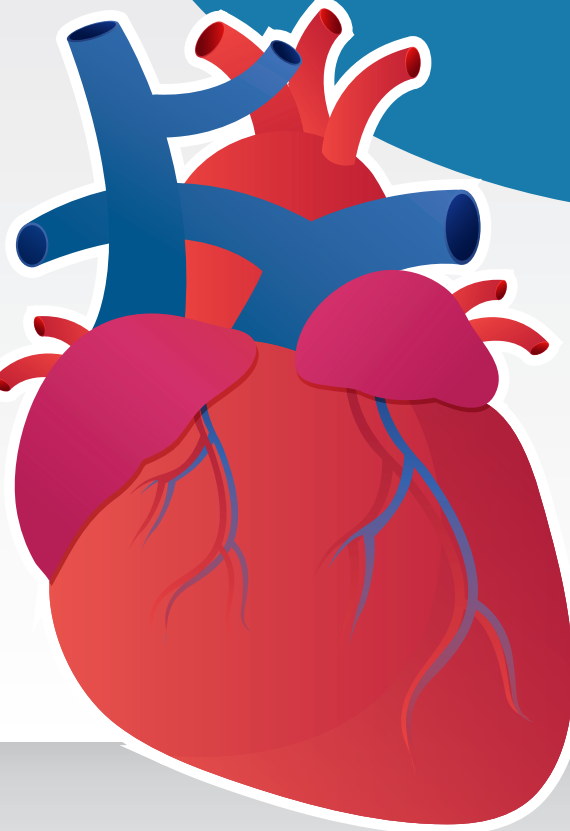


12%
LOWER
RISK OF MAJOR
CARDIAC EVENT

>1x
VISITS
PER WEEK

REGULAR ATTENDERS

23%
LOWER
RISK OF MAJOR
CARDIAC EVENT



Major Cardiac Event = hospitalization over 24 hours for myocardial infarction, stroke, or heart failure or cardiovascular death

INCREASED ATTENDANCE = DECREASED RISK