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Life Time's myHealthCheck Expands Comprehensive Wellness Programs to Five Twin Cities Businesses

myHealthCheck supports measurable change for employees with the ultimate goal of reducing health care costs for employers

CHANHASSEN, Minn.--(BUSINESS WIRE)-- [Life Time – The Healthy Way of Life Company](#) (NYSE: [LTM](#)) today announced five new Twin Cities businesses who will take part in the myHealthChecksm program, a program aimed to reduce health care costs for employees, employers and insurers. [Leonard Street and Deinard](#), [Millerbernd](#), [Process Displays, Inc.](#), [City of St. Louis Park](#), and [J&B Group](#) have joined Allina Hospitals & Clinics to take part in myHealthCheck, which includes a comprehensive health assessment that identifies risk factors, promotes ongoing guidance with wellness coaches and a 12-month reassessment to measure progress against the plan.

"We are excited to launch these new partnerships and the myHealthCheck program in such a diverse group of industries," says Holt Vaughn, Senior Director of the HealthCheck Division at Life Time. "Our goal is to help these companies and their employees realize measurable change and progress in creating a healthier, more productive workforce as opposed to relying on employee participation as the sole measure of success."

myHealthCheck empowers employees to take personal responsibility for their health and empowers employers to author a results-based health benefits strategy that encourages personal responsibility and rewards employees for positive change. Coupled with Life Time's more than 2,600 fitness professionals, more than 60 registered dietitians, online fitness and cooking videos, myPlan[™] workout and nutrition trackers myHealthCheck makes it easy.

Unlike traditional self-reported risk assessments, myHealthCheck assesses employees' health and wellness, fitness level and lifestyle, through blood work, metabolic testing and wellness coaching, while providing each individual with a personalized health profile to set personalized goals and measure progress. Users can track their exercise, nutrition, weight loss and more through their personal myHealthCheck online dashboard. Additionally, each myHealthCheck participant can participate in wellness coaching sessions and receives ongoing guidance from Life Time health and nutrition professionals. At 12 months, a new wellness assessment is completed to gauge the employee's progress.

"Millerbernd Systems elected to join the myHealthCheck program in an effort to create a healthy environment for our employees and to encourage them to pay attention to nutrition and exercise," says Farid Currimbhoy, senior vice president, Millerbernd Systems. "We are anxious to help improve our employee's wellbeing in the years to come through the various programs within this Life Time plan."

In 2011, Life Time introduced myHealthCheck at [Allina Hospitals & Clinics](#), a not-for-profit family of hospitals, clinics and other care services throughout Minnesota and western Wisconsin. myHealthCheck is optional for Allina's 12,000 employees but between 70 and 75 percent of those eligible, including their spouses, participated in the program and a majority received full credit toward their health care premiums.

Life Time's myHealthCheck program is led by trained technicians and wellness coach professionals who assist each employee with their wellness profile in a mobile LifeLab at their corporate work place or at Life Time centers. Employees are provided with an online dashboard to track their nutrition and exercise. The myHealthCheck team remains available to each employee to provide ongoing support by answering questions and providing online coaching.

For more information about myHealthCheck or to get in touch with a myHealthCheck representative, visit <http://revolution.myhealthcheck.com/>.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest – or discovering new passions – both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of January 24, 2013, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

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