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Contact:

Elizabeth Stelzer 614.249.1025

stelzee@nationwide.com

Nationwide Better Health to Present New Findings on Lifestyle Health Coaching at The Forum 08: Integrated Care Summit

Vice president of product development exhibiting latest research at Tenth Annual Disease Management Association of America Conference

Columbus, Ohio — **Nationwide Better HealthSM**, a leading provider of health and productivity management solutions, announced today that its vice president of product development, Dr. Richard D. Salmon, will present research entitled “Effect of Lifestyle Health Coaching on Self-Reported Health Status in Participants with Classes I, II and III Obesity” at The Forum 08: Integrated Care Summit, hosted by the Disease Management Association of America (DMAA) in Hollywood, Fla., on Tuesday, Nov. 25 from 8 - 9:30 a.m. Dr. Salmon will be available for questions and discussion during the session time noted, located in the Great Foyer Hall of the Westin Diplomat Resort & Spa.

In a landmark one-year study conducted with 3,613 adults with class I, II and III obesity, Dr. Salmon worked with Nationwide Better Health’s chief medical and science officer Dr. Neil Gordon, along with consultants Kevin S. Reid and William E. Saxon Jr. to demonstrate that when participants enrolled in a lifestyle health coaching program, self-reported physical and mental health status tended to be best for participants with class I (or relatively “mild”) and worst for participants with class III (or relatively “severe”) obesity. However, while all groups experienced significant improvements in self-reported health status upon program completion, the magnitude of improvement tended to be greatest for participants with class III obesity. In summary, this study found that while all sub-groups of obese participants experience significant improvements in self-reported health status with lifestyle health coaching, individuals with more severe obesity tend to benefit the most.

The one-year study serves to increase awareness of the negative impact of obesity on self-reported health status, document the magnitude of improvement in self-reported health status in obese participants in a lifestyle health coaching program, and demonstrate the effect of the severity of obesity on improvements in self-reported health status in response to participation.

About Nationwide Better Health

Nationwide Better HealthSM, a subsidiary of Nationwide[®], is a leading provider of health and productivity management solutions, aimed at improving the health and productivity of America’s workforce. Nationwide Better Health is the first company to truly integrate the best collection of health and productivity services available today, including health and wellness, and disease, disability, absence, medical and maternity management. The company’s offerings work together

and independently to address both sides of the cost equation: increased efficiency of health and productivity programs and better employee health and well-being to reduce health care-related costs. For more information, call 866.404.6924 or visit: www.nwbetterhealth.com.

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