

## Boyd Consulting Group Wellness Portal Testimonial

We now have a powerful online wellness portal that will help you motivate your employees to move! Use our Alliance Technology to create a culture of health within your company. Team Challenges, incentive programs, daily challenges, uploading your wearable device makes wellness fun! Positive feedback, message boards, our gamified platform and team competitions keep members coming back for more. Our portal engages members to become healthier and more active, check out one of our client's employee's story:

*My wellness story started back in 2015, when I was faced with an unknown health condition that started with severe headaches and ended with brain surgery. After the surgery, I knew I was on a long road of recovery, and it was time to create an action plan to become healthier. I started out in 2015 weighing 264 pounds. For the next several years, I was losing 10 lbs. or so, sometimes gaining it back in the winter months. At the beginning of 2018, I weighed 238lbs. My employer purchased access to a wellness portal through Boyd Consulting Group, our benefits broker. The portal helps keep me accountable and I liked being able to track and sync my activities with my Fitbit. I am motivated by the numbers and the milestones I have reached, in fact, I just surpassed 5 million steps which averages out to be 12,000 steps per day. During the warmer months I try to get in 20,000 or more steps per day. I walk to and from work; I walk at lunch and I walk again at night. This is something I have decided to do for myself and my wellness and I have my own internal drive that keeps me motivated to always to better. Since engaging in the Boyd Consulting Group Alliance Wellness Portal, I have lost 37lbs., and feel very fortunate now, at 201lbs., to be able to be active and to do simple things like bend over to pick up a pen off the floor easily-things that weren't so easy when I started this journey. I do still enjoy simple pleasures like sweets, but it is all in moderation. I am very much in control and my focus is clear. Going forward I would still like to lose 15lbs., more with an ending weight of 185 by summer of 2020. I am on the right track and the wellness portal helps me stay accountable, plus it's easy and fun!*

*Living Healthy and Happy,*

*Paul T.*



**Before**

**After**