



## **PHOTO AVAILABLE: The Surgeon General's Community Champion Award Earned By The Mississippi Conference And LifeBux**

*The Amazing Pace: The Mississippi Conference Earns National Recognition For The Amazing Pace Wellness Program*

For Immediate Release

COLUMBUS, Miss./EWORLDWIRE/Nov. 13, 2008 --- The prestigious Healthy Future Champion Award was received by The Mississippi Conference of the United Methodist Church in Washington, D.C. as recognition in part for the positive impact of The Amazing Pace Walking program operated by LifeBux LLC on the health of the clergy and laity of the conference. Introduced in June 2007, The Amazing Pace wellness program went beyond increasing the health of its participants, to change lifestyles, while reducing the costs of health care and prescriptions for the self-insured, conference health plan.

Acting Surgeon General Admiral Steven Galson presented the award to Mississippi Bishop Hope Morgan Ward and the Rev. Dr. Embra Jackson at the White House conference for Compassion In Action on October 22, 2008. Surgeon General Galson highlighted accomplishments of the Mississippi Conference in its wellness journey since Ward became the conference's Episcopal leader.

Bishop Ward cited The Amazing Pace LifeBux staff and Methodist LeBonheur Healthcare as "great partners in our efforts towards wellness, as well as Rev. Arthur Harper who was instrumental in making the Surgeon General aware of our wellness journey."

David Stotts, director of financial administration /conference benefits officer, shared impressive results from The Amazing Pace at the recent "Empowering Ministries of Health Conference" in Lake Junaluska, N.C. Key points from Stott's presentation of Year I results:

### Health Benefits

- . Amazing Pacers increased their awareness of physical activity and lifestyle choices
- . They walked around the world 15 times
- . 49% went from sedentary to active (active is classified as 5,000+ steps per day)
- . 53% began overweight - average weight reduction - 5.29 lbs.
- . 100+ days Amazing Pacers average weight reduction - 6.5 lbs.
- . Blood Pressure average point reduction: systolic - 4.3 diastolic - 4.2
- . 100+ days Pacers BP average point reduction: systolic - 6.1 diastolic - 6.1

### Cost Reduction Benefits

- . Mississippi's Health Plan medical costs (including Rx) had risen on average 11% since 2002
- . In 2008, after 12 months of The Amazing Pace walking program, medical costs rose only 1.25% and 100+ days Amazing Pace participants' costs declined 17%
- . After 12 months, all medical costs for 100+ days Amazing Pacers declined \$158,364 while other non-Amazing Pacer adults increased \$215,855
- . Rx costs for 100+ days Amazing Pacers after 12 months declined \$10,453 while Rx costs for non-Amazing Pacer adults increased \$168,485
- . A statistical interpretation is that Amazing Pacers restrained the total health cost by about 15% below the trend line it otherwise would have reached over the year.

Lee Burdine, LifeBux COO, commented, "In my 25 years of experience in the health screening and prevention industry, I have never seen such positive results. The accountability of the uploadable pedometer program combined with group support is a tremendous motivator for successful lifestyle modification."

For additional information about computer-driven wellness programs from LifeBux or the Mississippi Conference's The Amazing Pace program results, contact LifeBux's Lee Burdine at 662-329-1347.

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**SOURCE:** LifeBux

**AVAILABLE MEDIA:** Photo: Bishop Ward Receiving the Community Champions Award (size: 232.0 k)  
Acting Surgeon General Adm. Steven K. Galson presents the Healthy Future Champion Award to Mississippi Conference Bishop Hope Morgan Ward and the Rev. Embra Jackson.  
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