

### SELF-FUNDED COMPANY BUILDS SUSTAINED CULTURE OF HEALTH AND WELLNESS

#### SENECA GAMING CORPORATION

Team Members: **3800+**  
 Locations: **3**  
 Industry: **Entertainment,  
Gaming & Hospitality**  
 Arrangement: **Self-Funded**  
 Years in Wellness Program:  
**2010 - present**  
 Headquarters:  
**Niagara Falls, NY**

*"We had an existing wellness plan in place but were eager to expand and develop the program further. The Lawley team provided resources and knowledge to assist with implementing a full-scale wellness program. Thanks to the support and expertise of the Lawley Wellness team, our engagement and results have increased tremendously over the past five years."*

Ann Evans | Wellness Coordinator, SENECA GAMING CORPORATION

#### ACHIEVED SOLUTIONS

- ✓ Comprehensive wellness program to compliment self-funded model
- ✓ On-site health clinic through partnership with health plan and community hospital, available to team members and their spouses at no cost
- ✓ Annual health screenings
- ✓ Initiatives targeting nutrition, weight control, physical activity & heart health
- ✓ On-site fitness facility
- ✓ Online wellness platform
- ✓ Full-time wellness coordinator

#### IMPROVEMENTS BY THE NUMBERS SINCE 2013

**77%**  
Increased engagement in walking challenge

**13.3%**  
Increase in participation of wellness screenings

**27%**  
Increased utilization of health office

**3.8%**  
Decreased high LDL

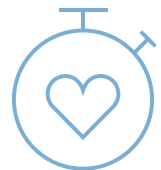
**42.5%**  
Decreased blood pressure

**18.8%**  
Increased flu vaccination

**32.9%**  
Decreased stress reported participation

**21%**  
Increased self-exams reported participation

**14%**  
Increased life satisfaction



**\$1.56 ROI  
FOR EVERY  
DOLLAR SPENT**

*Estimated cost savings associated with services at SGC health office compared to comparable services rendered in the community in 2016.*

**\$1.13  
MILLION  
EST. SAVINGS**

*Medical cost savings based on services being received at SGC health office and community hospital partner from 2011-2016.*

**Start Building Your Health  
& Wellness Culture Today**

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