

Atrium Health conducted a study with two groups of participants in Lincoln County, North Carolina.

What you are about to see are biometric data differences after just one year.

Group A WITH ATRIUM HEALTH COACHING

94 participants had higher risk biometrics and therefore received two or more in-person sessions with an Atrium Health wellness coach. Overall, we saw improved health and wellness in those who received health coaching. We saw improvements in blood pressure levels, cholesterol, blood sugar and overall weight.

Group B WITHOUT ATRIUM HEALTH COACHING

360 participants had lower initial biometrics and did not receive any health coaching. Participants' biometric metrics remained mostly unchanged or slightly worse.

Source: Journal of Investigative Medicine, Volume 68, 2020.

Better Blood Pressure.

Significant Improvement
in systolic and diastolic blood pressure.



Blood Pressure Unchanged

Healthier Cholesterol Levels. Healthier Heart.

+9.3%
IMPROVEMENT HDL
Good Cholesterol

+1.96%
INCREASE LDL
Bad Cholesterol

+5.3%
IMPROVEMENT*
Total Cholesterol/
HDL Ratio



+0.9%
IMPROVEMENT
Total Cholesterol/
HDL Ratio

+10.6%
IMPROVEMENT HDL
Good Cholesterol

+12.1%
INCREASE LDL
Bad Cholesterol

* Lower rate of future heart attacks.

Lower Blood Sugar: How Sweet It Is.

-13%*
A1C Levels

-5%
Blood Glucose
Levels



+7%
Blood Glucose
Levels

* Future diabetes is less likely.

Pounds Lost. Freedom Gained.

-282 lbs



0 lbs
(No statistically
significant change)

Two groups. One difference.