

# FIT @ Work Quarterly Report

May 2019

## Testimonial

*"Because of this place and (my coach), it's probably the best I've felt in years. Years. Even though I was sober, it still wasn't the same quality of life or sobriety or happiness."*

– Kyle Jordan, Denver coaching member

## Data

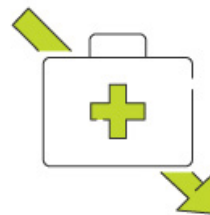
We focus on all aspects of our members' lives. Here are just a few data points from the quarter.



**93% reduce the impact of addiction on their employment**



**have had 2-4 treatment episodes prior to coaching**



**75% reduce healthcare usage because of addiction-related issues**



**90% appreciate the lived experience of their coach**

## Partners

You're in good company. Here are just a few of our current Face It TOGETHER @ Work partners.



## Content

We help companies address addiction wellness in the workplace. Read our latest workplace content with the following links.

- [Eight ways addiction is affecting your workplace](#)
- [Supporting a coworker in recovery](#)
- [Addiction and work: One mother's story](#)
- [GE Johnson case study](#)

## Average RCI Scores: @ Work Members

The Recovery Capital Index® (RCI) is a multidimensional score, from 1 to 100, measuring an individual's addiction wellness. The RCI tracks changes in three primary areas shown to play a key role in someone's ability to get well from addiction: personal capital (e.g. nutrition, employment), social capital (e.g. family support, safety) and cultural capital (e.g. spirituality, sense of community).

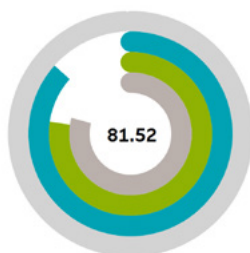
Highs and lows on the path to addiction wellness are normal. Those impacted by the disease, including loved ones, have many obstacles to overcome, from family acceptance to criminal justice involvement. As shown below, levels of personal, social and cultural recovery capital fluctuate.

### Persons with Disease

■ Personal ■ Social ■ Cultural



**Initial Assessment:** Personal capital scores were slightly lower.



**60-Day Assessment:** Highest score and significant change in all areas.



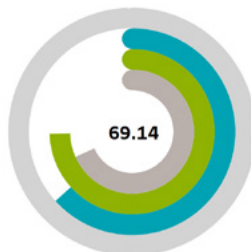
**120-Day Assessment:** Slight decrease in social and cultural capitals.

### Loved Ones

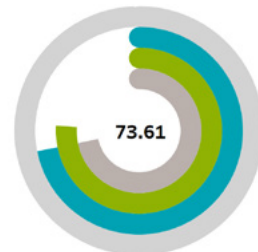
■ Personal ■ Social ■ Cultural



**Initial Assessment:** Personal, social and cultural capitals are similar.



**60-Day Assessment:** Slight decrease in overall score. Social improved slightly.



**120-Day Assessment:** Highest score with increases across all three capitals.

## Average Risk Scores: @ Work Members

The Risk Assessment is designed to identify issues that may contribute to the health and wellness of persons struggling with addiction, including loved ones affected by another's addiction. There are separate versions for PWDs and LOs. The RA is scored from 0-52. The higher the score, the higher the risk for negative addiction-related wellness.

■ Initial  
■ 30 days  
■ 60 days



**Persons with Disease:** Initial risk is moderate. Members typically see an increase at 30 days. At 60 days, there is a significant decrease to a low risk.



**Loved Ones:** Initial risk is moderate. There is a continual decrease in risk at 30 and 60 days of engagement.