DaVita's Customized Lifestyle Management Programs Assist Employees to Meet Their Lifestyle Goals

DaVita Inc. , one of the nation's leading providers of kidney care for those with chronic kidney disease, recently partnered with CIGNA to launch Lifestyle Management Programs for teammates (employees) interested in tobacco cessation, stress management and weight management.

(Logo: http://www.newscom.com/cgi-bin/prnh/20020729/DAVITALOGO)

DaVita's Village Vitality, a DaVita® group dedicated to expanding wellness throughout the DaVita Village, challenges teammates through various interactive wellness programs such as Match the Mayor, an initiative where teammates set personal or physical fitness goals and share experiences with Kent Thiry, DaVita Chairman and CEO, who chronicles his results too.

As part of the Lifestyle Management Programs for tobacco cessation, stress management and weight management, all benefit-eligible teammates are given five telephonic personal coaching sessions as well as unique tools to aid teammates through the challenge, such as a wellness workbook, portion distortion tools and measuring tape to size and compare their progress. DaVita teammates can also chronicle their progress and monitor their calorie intake online. A self-paced program is also available, giving teammates the option to use the materials without the telephonic coaching.

Mary Kay Gilhooly, Manager of Village Vitality, said, "Our commitment to our patients begins with our teammates. We are healthcare leaders. It is our responsibility to take the lead in managing our own health and wellness, and in the end, improving the health of our Village."

Beverly Trebesch, a social worker with DaVita, has experienced a tremendous personal accomplishment by taking part in the Village Vitality program, Match the Mayor. After several weeks of walking for her health to the bus stop, Trebesch began to jump off the bus farther from her destination, increasing her miles walked per day. She inspired more than teammates at her DaVita dialysis center, Trebesch's efforts were recently recognized with a Mayoral Certificate from Mayor Padillo in Santa Ana, Calif.

"I ate healthy foods in moderation and increased my calorie output, and was down two pounds in just over two weeks," Trebesch said.

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About DaVita Inc.

DaVita Inc., a FORTUNE 500® company, is a leading provider of kidney care in the United States, providing dialysis services and education for patients with chronic kidney failure and end stage renal disease. DaVita manages more than 1,400 outpatient facilities and acute units in more than 700 hospitals located in 43 states and the District of Columbia, serving approximately 110,000 patients. As part of DaVita's commitment to building a healthy, caring community, DaVita develops, participates in and donates to numerous programs dedicated to transforming communities and creating positive, sustainable change for children, families and our environment. For more information about DaVita, its kidney education materials, and its community programs, please visit www.davita.com.

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