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Wendy Lynch, Ph.D., Joins HealthFitness' Science Advisory Board

Industry leader is a specialist in employee health management

MINNEAPOLIS (March 09, 2010) — HealthFitness announces that Wendy Lynch, Ph.D., an independent healthcare consultant with Human Capital Management Services, has joined HealthFitness' Science Advisory Board.

Lynch's career includes serving on the faculty at the University of Colorado Health Sciences Center and in the School of Public Health at Yale, senior scientist at Health Decisions International, vice president of Strategic Development at Human Capital Management Services, and principal and senior consultant at Mercer Human Resource Consulting. She also holds adjunct positions at the University of Wyoming School of Business and the University of Colorado.

Educated at the University of Colorado at Boulder, Lynch earned a doctorate in Research and Evaluation Methodology. Lynch has applied her skills in research design and evaluation to several pivotal studies in the fields of health management, productivity assessment and human capital management that has resulted in more than 50 published studies and articles. Most recently, she co-authored the book, "Aligning Incentives, Information, and Choice: How to Optimize Health and Human Capital Performance."

Health Fitness' Science Advisory Board of health industry experts is designed to keep HealthFitness' products and services on the forefront of current and emerging trends. "We are committed to providing science-based health management services and innovative programs with the highest possible quality," said HealthFitness President and CEO Gregg Lehman. "Doctor Lynch brings an impressive career full of health-management research and analytical thinking to the board."

Responsibilities of HealthFitness' Science Advisory Board include reviewing the quality and relevance of HealthFitness' products and services from scientific and technical perspectives, delivering guidance on the appropriate implementation of products and services, and providing expert peer review to HealthFitness' research programs.

About HealthFitness

HealthFitness is an award-winning provider of integrated health promotion and fitness management solutions to Fortune 500 companies, the health care industry and individual consumers. With 30-plus years of experience, HealthFitness partners with employers to effectively manage health care and productivity costs by improving individual health and well-being. HealthFitness provides a portfolio of solutions, including best-in-class integration, INSIGHT® Health Risk Assessments, screenings, EMPOWERED™ Health Coaching and fitness facility design and management. For more information on HealthFitness, visit www.hfit.com.

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