



# PAI Health

## Case Study

### West Vancouver Police Department

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#### Background

One of the West Vancouver Police Department's key objectives is to improve productivity and service delivery by supporting employee wellness, and that is why they introduced a corporate wellness program a few years ago. They learned about PAI from Medisys, their corporate wellness provider, and they were interested in trying out wearables with the PAI system to see how it could drive lifestyle changes to improve the health of their employees.

#### Challenge

WVPD has had a corporate wellness program for 3 years, but they were not seeing any significant improvement so that is why they recently hired Medisys to help them manage their corporate wellness program involving regular medical assessments and counselling with nutritionists and kinesiologists. While WVPD staff are well aware of the importance of staying fit and healthy, their profession involves shift work hours that make it difficult to maintain a consistent exercise schedule and proper diet. They were excited to try using activity trackers that worked with the PAI metric, which would allow them to track physical activity levels based on heart rate.

#### Program

WVPD launched a 4-week pilot program to see how using PAI could motivate their employees to become more physically active. Employees were given a Slice activity tracker that tracks heart rate and PAI scores. PAI Health provided an online leaderboard that added some extra motivation with some friendly peer competition. At the end of the trial period, participants were asked to complete a survey to provide feedback on the experience.



## Results

WVPD was thrilled with the results based on engagement, activity levels and feedback. They felt that that it was the most successful initiative they had experienced to date.

The vast majority of participants really liked the concept of PAI and said it gave them increased awareness and new insights into their physical activity levels and the need to do more.

### Key Results:

- ✓ **89%** of people achieved over 30 PAI
- ✓ **64%** of people achieved over 100 PAI
- ✓ **69%** said it motivated them to increase their frequency or consistency of exercising
- ✓ **74%** said it changed the way they looked at physical activity
  - Gave them more insights into the importance of heart rate, the effectiveness of their exercise and required intensity
  - Gave them more motivation to think about their physical activity and push themselves harder
- ✓ **83%** said they would recommend it to be used as a metric within a corporate wellness program

*“This PAI pilot was the most successful thing we have done that generated real positive change! Our employees loved the PAI metric as it was an accurate way of measuring physical activity and it made people realize they needed to push themselves more. PAI gave them feedback on what they were doing, as well as a goal to strive for.”*

- Julie Blais, Human Resources, West Vancouver Police Department