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Driving consumer engagement is focus of address by HealthFitness' chief medical officer at Watson Wyatt health care solutions event

HealthFitness' Jim Reynolds, M.D., will discuss how to drive engagement on a global basis

MINNEAPOLIS, MINN. Dec. 2, 2008—HealthFitness' Chief Medical Officer Jim Reynolds, M.D., will speak at Watson Wyatt Worldwide's seventh Health Care Solutions Dialogue, set for Dec. 11 in Minneapolis. Reynolds will present "Next Generation Approaches to Drive Engagement and Improve Care" to roughly 50 mid-size and large Minnesota-based employers.

HealthFitness (NYSE Alternext US: FIT) is an award-winning provider of integrated population health services for on-site and dispersed employee populations.

During the session, Reynolds will address how to drive engagement in health management on a global basis. Reynolds will also discuss details of HealthFitness' INSIGHT® International Health Risk Assessment (HRA), a tool available in multiple languages that provides companies with critical data to tailor benefits and health improvement programs to specific populations, and to reduce health care costs and absenteeism among their entire employee population.

"We're seeing an increasing interest from our current international clients for a global health management strategy to address the impact of health risks and chronic conditions," Reynolds said. "The surge in interest is based on the proven success of their domestic health management efforts, and now they want to provide these benefits to their global employee populations."

"A global HRA allows multinational companies to identify the health risk and chronic disease burden of specific employee populations in all countries," he continued. "Using a common HRA tool, such as INSIGHT International, allows companies to compare and measure employee population health between countries in a meaningful way."

INSIGHT International is a brief, culturally adapted questionnaire that helps employers identify the top six chronic conditions and health risks for their employee populations. Individual participants receive a confidential, streamlined report about behavioral and nutritional changes they can make to favorably affect their health. INSIGHT International is currently available in 11 languages, including Spanish, German and Japanese.

About HealthFitness

HealthFitness is a leading provider of employee health improvement services to Fortune 500 companies, the health care industry and individual consumers. Serving clients for more than 30 years, HealthFitness partners with employers to effectively manage their health care and productivity costs by improving individual health and well-being. HealthFitness serves more than 300 clients globally via on-site management and remotely via Web and telephonic services. HealthFitness provides a complete portfolio

of health and fitness management solutions including a proprietary health risk assessment platform, screenings, EMPOWERED™ Health Coaching and delivery of health improvement programs. HealthFitness employs more than 3,000 health and fitness professionals in national and international locations who are committed to the company's mission of "*improving the health and well-being of the people we serve.*" For more information on HealthFitness, visit www.hfit.com.

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