

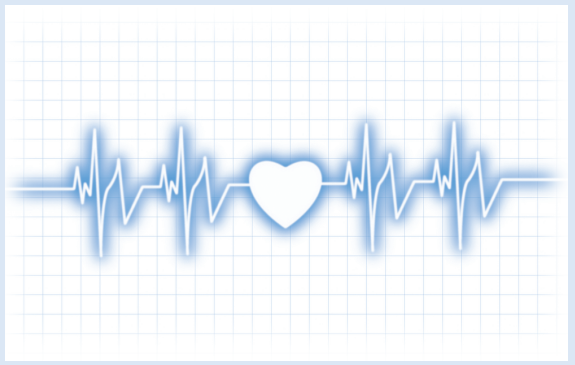
# Benefits Update

NOVEMBER 2007



## The *Healthy Living* Program is a Real Lifesaver!

As part of our continuing efforts to provide employees with the tools and resources to enable you to take an active role in your own wellness, Praxair introduced the *Healthy Living* program this past January. Two key features of the *Healthy Living* program are Condition Management and Provider Outreach. Behind the scenes, innovative technology is used to analyze medical, lab and pharmacy claims and compare them to broadly accepted treatment protocols. The focus is on improving care and preventing medical errors and dangerous drug interactions. Based on the results of the analysis, outreach calls are made to participants and/or their physicians to discuss treatment alternatives (e.g., adding/stopping a treatment, recommending a new procedure, etc.). Participation in the *Healthy Living* program is strictly confidential. Individual health data is maintained by the administrator and subject to Healthcare Insurance Portability and Accountability Act (HIPAA) guidelines. The following *Healthy Living* success story is being shared because the participant wanted to help others by volunteering his story. The participant's real name is being withheld to maintain confidentiality.



"Mike" is a 58-year-old Praxair employee with coronary artery disease, hypertension, diabetes and high cholesterol. He enrolled in the *Healthy Living* program earlier this year and was assigned to a disease-management nurse with a background in cardiology.

During one of his follow-up calls, Mike and the nurse discussed a new medication that was prescribed by Mike's doctor following the placement of a stent (a tube used to open a blocked artery) one week earlier. He reported that he was experiencing an irregular heartbeat with mild chest pain and swollen feet and ankles. The nurse recognized these new symptoms as possible serious side effects of the medication and instructed Mike to call his physician immediately. The physician told Mike to go to the emergency room, and by the time he got there, he was in a life-threatening situation and could barely breathe. Mike was admitted to the hospital and had to have an emergency cardiac catheterization. After being kept overnight for evaluation, Mike's symptoms improved the next day and he was able to

leave the hospital, but not before he was given a more effective treatment plan that did not include the previously prescribed medication.

Mike was quickly able to return to his normal activities and continues to have regular calls with his *Healthy Living* nurse. With every call, he expresses how happy he is with Praxair's *Healthy Living* program and how it has improved his quality of life.

This real-life example is just a sample of the type of interventions that *Healthy Living* participants benefit from every day.

### Healthy Living Program Snapshot

Condition Management	Health Assessment
Lifestyle Management	Personal Health Record
Provider Outreach	24-Hour Nurse Line

To find out more about the program, please visit [www.praxair.com/HealthyLiving](http://www.praxair.com/HealthyLiving)