STAYWELL ORIENTATION

-PROGRAMME-

6:30 p.m.  Welcome  Executive Host

6:40 p.m.  You can Influence your Health!  Guest Speaker

7:05 p.m.  (Introduction of Slides)  Executive Host

7:20 p.m.  Dinner  Slide Presentation

8:30 p.m.  (Introduction of LEI)  Executive Host

8:40 p.m.  The Professional Interface  Life Extension Institute

8:50 p.m.  Closing Remarks  Executive Host

8:50 p.m.  The First Step  Life Extension Institute

Note: The floral arrangements have been donated to brighten the day of patients in local health care facilities.

Lee - Dr. Fay practice - LEI exec physicals
GOOD EVENING. WELCOME TO WHAT I KNOW WILL BE AN ENJOYABLE EVENING. IT ALSO MAY BE ONE OF THE MOST IMPORTANT OCCASIONS YOU HAVE EVER ATTENDED. THE PURPOSE OF THIS MEETING IS TO INTRODUCE YOU TO A NEW CONCEPT IN HEALTH PROTECTION AND A NEW CONTROL DATA HEALTH PROGRAM CALLED "STAYWELL".

WE ALL KNOW THE PERSONAL TRAGEDY OF CO-WORKERS AND FRIENDS AND FAMILIES WHOSE LIVES HAVE BEEN IMPACTED SEVERELY BY DISABLING INJURIES, ILLNESS OR PREMATURE DEATH. YOUR CONTINUED GOOD HEALTH IS YOUR OWN AND YOUR FAMILY'S MOST VALUABLE ASSET.

YOUR HEALTH IS LIKewise A VALUABLE ASSET TO CONTROL DATA.

BOTH YOU AND THE COMPANY SPEND MONEY TO PROTECT THAT ASSET. MORE MONEY EACH YEAR. THE RISING COSTS OF REMEDIAL HEALTH CARE IS A PROBLEM FOR EVERYBODY.

SINCE WE SPEND SO MUCH MONEY -- CONTROL DATA AND ITS EMPLOYEES PAY $55 million in HEALTH CARE PREMIUMS -- TO MAKE SURE YOU GET PROPER ATTENTION WHEN YOU'RE SICK, IT SEEMS REASONABLE FOR US TO SPEND SOME MONEY ON HELPING YOU NOT GET SICK -- IF YOU'D LIKE TO THAT IS.
I remember a country western song long ago called "Live fast, die young and leave beautiful memories". That's for when you're 25 and swinging. It somehow doesn't seem so hot when time comes to pay the piper.

Now I'm not sure about the "fast" part but medical research shows that we could at least change that title to: "Live well, die older and leave a lot more beautiful memories". Basically, it's up to us.

The Staywell program we are going to describe this evening can benefit each of us individually and control data as well. As you can see from your copy of tonight's agenda, in this meeting you will learn the details of the Staywell program and the medical research that underpins it. The Staywell program is a voluntary program for your benefit. The concept of individuals assuming personal responsibility for their health is a change in our culture. Most people simply expect to do as they damn well please and have the doctor fix it up when things go wrong. Your example through your program participation will play an important role in changing this to a more responsible approach.

I am sure that each of us is generally aware from the media or through personal experience that our lifestyles have a great deal to do with how well we live, as well as how long we live.
DR. DOUGLASS, WHO IS HERE WITH US TONIGHT, IS A WIDELY RECOGNIZED LEADER IN PREVENTIVE MEDICINE AND WELLNESS PROMOTION. DR. DOUGLASS HAS BEEN DEEPLY INVOLVED IN HEALTH IMPROVEMENT FOR THE LAST TWELVE YEARS. HE PRESENTLY SERVES AS CHAIRMAN OF THE MAYO CLINIC'S DIVISION OF PREVENTIVE MEDICINE AND DIRECTOR OF THE MAYO CLINIC'S EXECUTIVE GROUP EXAM PROGRAM. IN THE PAST FEW YEARS, DR. DOUGLASS HAS SPOKEN TO MANY AUDIENCES INCLUDING HEALTH PROFESSIONALS, CORPORATE EXECUTIVES, AND STUDENT GROUPS ACROSS THE UNITED STATES ABOUT THE MERITS OF DISEASE PREVENTION. I KNOW YOU WILL LEARN MUCH FROM HIS REMARKS.

DR. DOUGLASS....
Introduction to Slide Show

Thank you. All of us have appreciated your presence here tonight very much. The insights your expertise and interest in lifestyle and health provides us are important and lasting contributions to our understanding of preventive health care and self health management.

The StayWell program represents an important step in providing individuals with the proper knowledge and tools to take action to protect their health.

The following audiovisual presentation and the dinner that we will all enjoy articulate, in a way words alone cannot, the specific process of the program as well as the enjoyable and rewarding benefits of a healthy lifestyle.
Executive Host

Introduction of Life Extension Institute Speaker

(Call for attention, if necessary.)

You have heard a lot tonight about the goals and scientific bases of the StayWell Program. Some of you may be wondering about the feasibility of such an ambitious program as StayWell being managed and offered by a corporation.

Control Data is uniquely positioned to offer a health program like StayWell to its employee family. Life Extension Institute was founded in 1913 as a national health group to serve business and individuals in preventive medicine. In 67 years at the forefront of preventive care, Life Extension Institute has participated in, and often led, a gradual but significant trend toward preventive medical practices in work settings.
Executive Host

Introduction of Life Extension
Institute Speaker

Life Extension Institute became part of Control Data in 1978. The professional medical and lifestyle consultant staff of Life Extension Institute will serve your needs as the responsible group for the delivery of all steps in the StayWell process. In delivering this program LEI can call upon:

- Over 60 physicians specializing in preventive medicine.
- A nationwide presence of clinics and associated physicians.
- Proprietary, medically valid, state-of-the-art health risk profile and health and lifestyle programs and,
- A professional group of health and lifestyle consultants.
Executive Host
Introduction of Life Extension Institute Speaker

It is my pleasure to introduce to you Dr. Morgan, a member of Life Extension Institute to comment on the role of LEI in the StayWell Program.

Dr. Morgan.
EXECUTIVE HOST

CLOSING REMARKS

Thank you, Dr. [Signature].

Tonight we have heard, and seen, and tasted ways in which each of us can take advantage of known scientific facts to improve our futures.

All of us know and have been involved in Control Data's efforts to provide alternate solutions to societal problems. Control Data's initiatives have begun to make significant inroads into solving problems in education, urban renewal, energy development, and rural revitalization. The StayWell program represents a bold new corporate initiative to solve the pressing national health problem of improving health at reduced cost.

There are few individual opportunities in Control Data where each of us can enjoy the personal benefit of the Company's societal services expertise. The introduction of the StayWell program tonight is one of those rare opportunities.

Participation in StayWell is clearly in your interest, the interest of your family, and Control Data's interest. I encourage each of you to enroll in the StayWell program as you leave this meeting.
EXECUTIVE HOST
CLOSING REMARKS

IN YOUR ORIENTATION MATERIALS YOU EACH HAVE AN ENROLLMENT FORM. ALL YOU NEED TO DO IS READ THE DESCRIPTION AT THE TOP, SIGN AND DATE THE FORM, AND PROVIDE SOME MINIMAL INFORMATION ABOUT YOUR PREFERENCES FOR MEETING TIMES, DAY OF THE WEEK, AND SETTING. MEMBERS OF LIFE EXTENSION INSTITUTE ARE ON HAND TO ANSWER YOUR QUESTIONS AND PROCESS THE FORM FOR YOU AS YOU LEAVE.

"Thank you.

In closing, I would just like to thank all of you for coming tonight. I hope all of you and your families continue to enjoy your good health for a long time to come.

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