

Health Advocate™ Hosts Free Webinar on June 22nd Sleep Deprivation: A Wake-up Call for Business

Nationally recognized expert Natalie P. Hartenbaum, M.D., MPH will present an in-depth look at the impact of worker sleep loss

Plymouth Meeting, PA: June 9, 2011—Health Advocate™, Inc., the nation's leading independent healthcare advocacy and assistance company, in partnership with HealthyWomen, the nation's leading independent health information source for women, is pleased to announce a FREE webinar to take place on June 22nd called ***Sleep Deprivation: A Wake-up Call for Business***. The webinar offers an in-depth review of the impact of fatigued workers on businesses, estimated to cost \$136 billion and the strategies that can help reduce a range of negative consequences.

Natalie P. Hartenbaum, M.D., MPH, President and Chief Medical Officer, OccuMedix, Inc., and a nationally recognized expert in occupational medicine will be the featured speaker. She will discuss the scope and cost of fatigued workers, contributing factors, health consequences, fatigue management strategies and much more.

"This topic is critical because of its impact on both employers and employees," says Michael Cardillo, President, CEO and cofounder of Health Advocate, Inc. "Sleep deprivation costs businesses billions of dollars in lost productivity, healthcare costs and liability risks. Employees can suffer serious—even fatal—injuries from accidents, develop health problems, exhibit poor work performance and more."

Sleep Deprivation: A Wake-up Call for Business

Date: Wednesday, June 22, 2011
Time: Session 1: 11 am-12 pm ET
Session 2: 2 pm-3 pm ET
Register Online: www.HealthAdvocate.com/webinars.aspx
Register by Phone: 866.385.8033, prompt #2

Health Advocate will send all webinar attendees a special White Paper on the impact of sleep deprivation and a practical checklist providing businesses strategies to help alleviate this growing problem.

Featured Speaker: Natalie P. Hartenbaum, M.D., MPH

President and Chief Medical Officer, OccuMedix, Inc.

Dr. Hartenbaum is a nationally recognized expert in occupational medicine with a focus on transportation. She has published and lectured on various issues of workplace fitness evaluations including obstructive sleep apnea, shift work and fatigue. She is certified by the American Board of Internal Medicine and the American Board of Preventive Medicine in Occupational Medicine. She is past president of the American College of Occupational and Environmental Medicine and a member of the Board of Trustees of the American Board of Preventive Medicine.

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Moderator: Abbie Leibowitz, M.D.

Dr. Leibowitz is cofounder, Chief Medical Officer and EVP of Health Advocate, Inc., and a nationally recognized authority on managed care, clinical management, quality assurance, and medical data and information systems. He is board certified by the American Board of Pediatrics and is a Fellow of the American Academy of Pediatrics. He formerly served as Chief Medical Officer at Aetna U.S. Healthcare.

About Health Advocate

Health Advocate™, Inc., the nation's leading independent healthcare advocacy and assistance company, serves 21+ million Americans through more than 7,500 client relationships, including many of the nation's largest companies, helping members personally navigate healthcare and insurance-related issues, saving time and money. Our Core Health Advocacy service is centered around our Personal Health Advocates, who assist members with a range of clinical, administrative and insurance-related issues. Our spectrum of add-on complementary employee- and employer-based solutions include our Wellness Advocate™, Benefits Gateway and Health Information Dashboard™, EAP+Work/Life™, Chronic Care Management™ and decision support programs. The solutions are designed to lower healthcare costs, increase productivity and improve outcomes.

Founded in 2001 and headquartered in suburban Philadelphia, Health Advocate has been recognized, for the fourth consecutive year, as one of America's fastest growing private companies by *Inc. 500*, named one of the Fastest Growing Companies in North America on Deloitte's 2010 Technology Fast 500™, named 2011 Enterprise Life Sciences Company of the Year by PACT, and is rated one of the Top 20 Best Places to Work by *Philadelphia* magazine.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

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About HealthyWomen

HealthyWomen (HW) is the nation's leading independent health information source for women. For more than 20 years, women have been coming to HW for answers to their most pressing and personal health care questions. HealthyWomen's award-winning website, www.HealthyWomen.org®, was named the top women's health website by Dr. Mehmet Oz in *O, The Oprah Magazine* and by *Good Housekeeping* magazine. For more women's health information, visit www.HealthyWomen.org.

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