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2. Title: “CU4Health: Clemson University’s Employee Wellness Program”

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4. Abstract: The nurse-managed Joseph F. Sullivan Center of Clemson University operates an incentive based employee wellness program called CU4Health. In order to determine the effectiveness of the program, researchers from Clemson University’s School of Nursing analyzed the return on investment from the program, defined by the improvement of participants’ health, which was scored by eight biomarkers. This research displays evidence that participation in Clemson University’s employee wellness program is associated with overall healthier biomarkers, therefore supporting the implementation and continuance of the CU4Health.

5. Citations:
