



A Life-Saving Legacy

EHE Health

More than 100 years

as the preventive health leader

EHE HEALTH 
The Original Prevention Network.

“When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless, and reason is powerless.”

- Herophilus, ancient Greek physician



Few companies have been in existence for 100 years. Even fewer have had the same mission, as EHE Health has.

Although the company's name has changed throughout our long history, our mission has always been the same:

Extend both the number of years lived and the quality of life through the application of evidence-based health practices.

Our steadfast dedication to this mission for more than a century has had a profound impact on the health of Americans. The millions of physical examinations that EHE Health conducted have saved thousands of lives.

And the health of many more people has been improved by bringing our preventive health knowledge and advice to the public.

Founding of Life Extension Institute in 1913

Harold A. Ley, a Massachusetts insurance actuary, anticipated the importance of preventive medicine. He was relentless in trying to convince Irving Fisher, one of American's best-known economists, to join him in creating a company based on preventive medicine.

Irving Fisher was so well-known that President Theodore Roosevelt appointed him to head a "Committee of 100" to study the conservation of America's natural resources. Fisher had been bedridden for almost three years with tuberculosis, which made him a vigorous public advocate of health, hygiene, and preventive medicine. He made his chairmanship of the "Committee of 100" a pulpit for proposing that the nation's most vital resource was the health of its citizens.



Harold A. Ley, the Massachusetts insurance actuary who anticipated the importance of preventive medicine.



Irving Fisher chaired U.S. President Theodore Roosevelt's committee to study the conservation of America's natural resources.

Harold Ley did finally succeed in persuading Irving Fischer to join him. In 1913, they formed Life Extension Institute with the philanthropic goal of prolonging human life through hygiene and disease prevention. Little did they know that this formidable goal was going to have a tremendously positive impact on the health of the country for more than a century to come.

Irving Fischer had in mind the person he wanted to serve as Medical Director of the new Institute: Dr. Eugene Lyman Fisk. An 1888 graduate of the Medical School at New York University, Fisk was one of the pillars of the American public health community and a prolific writer.



Dr. Eugene Lyman Fisk, our first Medical Director, was a pillar of the American public health community.

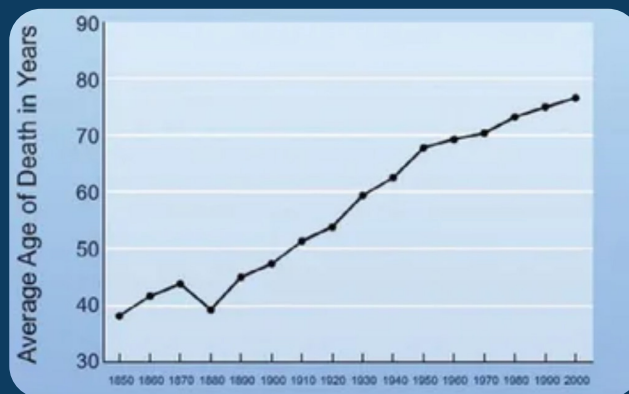


Former U.S. President William Howard Taft, First Chairman of the Board

The organizational officers included many philanthropists such as former President William Howard Taft and Alexander Graham Bell, and medical experts such as William James Mayo, Russell Henry Chittenden, and J. H. Kellogg, along with a "Hygiene Reference Board" of dozens of nationally recognized physicians of that era.

In the beginning, medical science was making great strides

The United States and Europe were making a lot of progress, as physicians were beginning to better understand the underlying causes of diseases that had long plagued people. New tools, such as x-rays, were giving the medical community an unprecedented look inside the human body. Anesthesia equipment in the surgical suite gave surgeons new opportunities to keep patients sedated for lengthy and complex surgeries.



Although medicine was racing forward in procedures and technology, the average American had a life expectancy of just 47 years.

Too many Americans dying of entirely preventable diseases

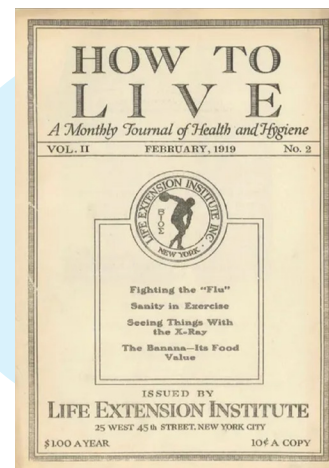
An estimate from the 1910s suggested that each year, more than 500,000 U.S. deaths were attributed to diseases that could be avoided with better healthcare. Tuberculosis and typhoid fever—diseases that could be treated with rudimentary public health and sanitary measures—afflicted hundreds of thousands of Americans yearly.

By the turn of the 20th century, physicians began urging society to consider regular physical exams to reduce the risk of disease, disability, and early death. The possibility that life could be extended through early detection of disease had major implications for the life insurance industry.

Always ahead of our time: Screening and Preventive Medicine

Since its establishment in 1913, Life Extension Institute has advocated for physical examinations. Along with a variety of screening procedures, physical exams can identify diseases in the earliest, most treatable stages—often even before symptoms develop.

By 1919, five years after its founding, Life Extension Institute employed more than 100 people, including 20 physicians. The Institute also offered laboratory service for more than 200 New York physicians and operated one of the best-equipped x-ray laboratories in the metropolitan area.

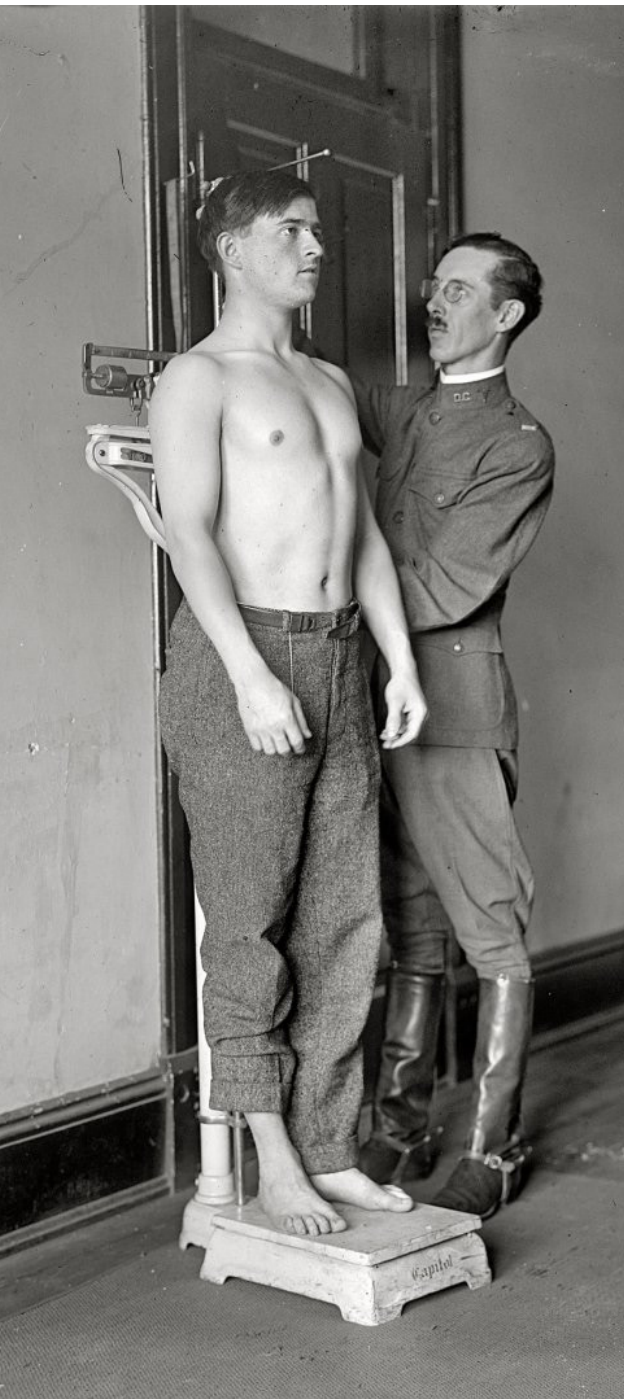


EHE began publishing its How to Live magazine in 1918.

The Institute provided many physical exams, and took the task of changing behavior seriously. The cover letter of the early reports sent to those who had exams said:

“You have spent money and time in securing this service. The Institute has spent money and time and earnest effort in rendering you this service. It is worth your while, therefore, to study your report carefully and to consider the suggestions in the explanatory letter.”

In its earliest years, Life Extension Institute was supported by the life insurance industry. It then began to branch out about the time the U.S. became embroiled in World War 1. By 1919, the firm counted more than 150 industrial and commercial concerns among its clients, including the Standard Oil Company of New York.



29% of American Men unfit for Duty in World War 1

The Institute’s focus on public health and preventive medicine as the keys to life extension was validated during World War 1. When draft boards nationwide began examining young men for military duty, they were appalled to discover that nearly 3 out of 10 were unfit for duty due to health reasons.

Life Extension Institute’s expertise is sought by Council of National Defense

The 29% rejection figure caused a mild national scandal. But Life Extension Institute was not surprised. In 1918, Dr. Eugene Lyman Fisk, its Medical Director, responded to a request from the Council of National Defense to analyze the work of local draft boards in New York, Brooklyn, and Detroit. Dr. Fisk found that of the 7,600 draftees examined by physicians, an astounding 2,232 men were rejected for medical reasons—29% of the total called. 23% of the draftees were rejected because of conditions that could easily have been avoided through better preventive care such as diet, oral hygiene, etc.

Dr. Fisk’s findings from the New York local draft boards were in line with rejection rates for the entire U.S. In fact, when marginal candidates were later rejected at training camp, the physical rejection rate for 1918 was 38%.

Life Extension Institute among the nation's most prestigious medical organizations

His steady hand as the Institute's Medical Director for the first 18 years of its existence, and his unerring eye for publicizing public health and preventive medicine had made Life Extension Institute one of the nation's most prestigious medical organizations.

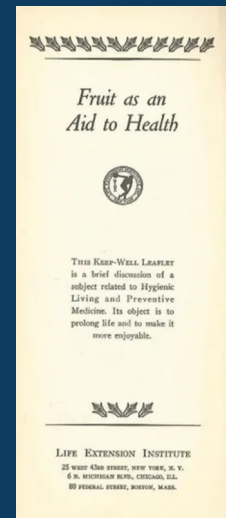
Good diet has early roots in The Life Extension Institute

EHE Health has always been adept at publicizing the benefits that preventive medicine can bring to the American population. From the time that Irving Fisher wrote his bestselling "How to Live" in 1919 until the dawn of EHE Health's second century, when health advice continued through our website, the organization has tirelessly publicized how life can be improved through lifestyle modification.

From the 1920s to the 1940s, Irving Fisher's "How to Live" sold almost three times as many copies as F. Scott Fitzgerald's bestseller, "This Side of Paradise."



Dr. Johnson was one of the first in the U.S. to identify the health threats posed by obesity.



EHE knew about the relationship between eating fruit and good health in the 1930s.

Life Extension Institute warns about the connection between smoking and ill health

Life Extension Institute began warning about the link between smoking and ill health as early as the World War 1 era. Fisher and Fisk, the authors of the bestseller, "How to Live," pointed out "it is the purpose of this section to present as fairly as possible the evidence relating to the effects of tobacco on the human body so that those who smoke may correctly measure the probable physical cost of their indulgence."

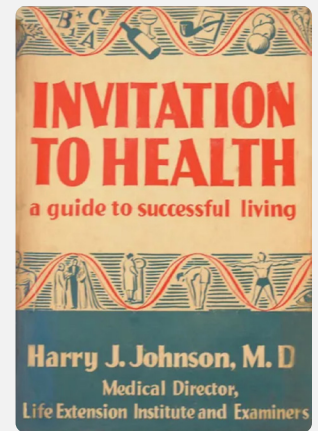
In 1937, Dr. Harry J. Johnson, a Harvard Medical School graduate, was named Medical Director. A strong proponent of women's medicine, Johnson was one of the first members of the medical community to urge pregnant mothers to stop smoking due to concerns about the harm it could do to their unborn babies.

Life Extension Institute also published many other books and pamphlets covering a wide range of topics concerning how to become healthier. These included the importance of drinking water, of walking, of keeping fit; how to quit smoking; food and lifestyle modification, and more.

In the 1950's, Life Extension Institute pointed out that high blood pressure, being overweight, having sugar in the urine, excessive smoking, inadequate rest and exercise, and dietary deficiencies were staggering contributors to ill health.



Dr. John McCann advocated eating slowly to avoid choking on food and provided information on the Heimlich Maneuver in his pamphlets of the 1970s.



Dr. Harry Johnson's *Invitation to Health* carried on EHE's tradition of publishing medical advice on disease prevention and health improvement.

1953: Life Extension Institute's 40-year anniversary

On Nov 18, 1953, Dr. Harry Johnson and Life Extension Institute celebrated the Institute's 40-year anniversary at a dinner held at the Union League Club in New York. The dinner recognized retired founder, Harold Ley, on his 80th birthday. The guest list read like a "Who's Who" of New York society and commerce. General Douglas A. MacArthur was the honored guest speaker.

By the mid-1960's, Dr. Johnson was wrapping up a lengthy career at the Institute. He had been Medical Director for almost 30 years and could take immense pride in the work he had been doing to advance the case of preventive medicine and public health.

He undoubtedly felt a sense of accomplishment when the Surgeon General's "Smoking and Health Report of the Advisory Committee" was issued in early 1964. This vindicated his three decades as an anti-tobacco crusader and established the link between smoking and lung cancer, bronchitis, heart disease, and a host of other ills.



Dr. Johnson was an outspoken advocate of the benefits of walking.



Years of change. Companies seek to acquire Life Extension Institute

The 1960's were an era of corporate consolidation across America. The economy was still growing at a healthy pace and companies were eagerly seeking growth-oriented firms to help diversify their bottom lines and contribute to quarterly profits.

Dun & Bradstreet purchases Life Extension Institute, 1969

Life Extension Institute grew and prospered under the guidance of Dr. Johnson. By the mid-1960's, the organization was growing rapidly and its prospects for continued growth were excellent. So, when Dun & Bradstreet, a client, approached Johnson with an offer to purchase the company, Johnson was flattered and interested.

When Johnson sold Life Extension Institute to Dun & Bradstreet in 1969, he remained Medical Director and CEO. Soon after, D & B reorganized its recent acquisitions, assigning the Institute to the Reuben H. Donnelley Division, the major Yellow Pages published in the United States.

In 1980, when Dun & Bradstreet decided to go in a different direction, they sold Life Extension Institute to Control Data, one of the nation's pioneers in mainframe computerization and database management.



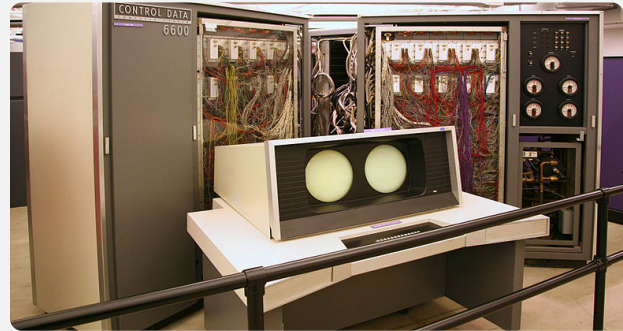
Health risk assessments were a buzzword in the 1970s.

UM Holdings Ltd acquires Life Extension Institute, 1986–1987

UM Holdings (United Medical Corporation) first acquired a percentage of Life Extension Institute in 1986, and assumed full ownership in June 1987. They realized that its new acquisition could be made far more efficient through computerization. They were correct.

For the next quarter-century, EHE established itself as one of the most technologically sophisticated companies in all American Healthcare.

By the 1980's, Life Extension Institute's major competitor was Executive Health Examiners, which offered similar services as Life Extension Institute's New York headquarters and national network of affiliates.



Norris planned to wed Control Data's mainframe computers with EHE's extensive medical data to create the nation's first computerized health exchange.



UM Holdings acquired Executive Health Group in 1995. This doubled the size of UM Holdings.

This acquisition offered UM Holdings several distinct advantages, one of which is that it expanded the company's network of physicians to hundreds of cities in the U.S. Life Extension Institute retained the name, Executive Health Exams.

In 2016, UM Holdings sells Executive Health Group to Summit Partners

Summit Partners is the owner of a wide variety of healthcare service companies, and the purchase of Executive Health Group in 2016 added to its already impressive portfolio of companies.

A long, extraordinary legacy advancing the science of preventive medicine

EHE Health's great strength is its 100 years of history and its willingness to innovate, and to incorporate relevant medical and technological advances into its examination protocol using relevant medical findings.

In 2000, television talk show host Oprah Winfrey shared with viewers how a full-body scan experience helped with her personal health management. By 2002, 32 million people in the U.S. had been scanned.

Full-body scans were an early agenda item of EHE's Medical Advisory Board in 2001. By unanimous vote, the full-body scan was deemed an unsafe preventive screening tool. Not only was the amount of radiologic exposure a concern to the Medical Advisory Board, the scan did not pass the board's evidence-based requirement because of its inability to detect vulnerable plaque—the liquid fatty substance in the blood responsible for heart attacks.

In 2004, the journal *Radiology* published the Columbia University finding that, *“the amount of radiation exposure in one full-body scan was equivalent to the amount of radiation received by Hiroshima survivors 1.5 miles from the atom bomb blast core.”*

Never in the history of preventive medicine has the mission of EHE Health been more important.

As a nation, we are health-challenged by preventable chronic conditions that result from chosen lifestyle behaviors. This thwarts our ability to be productive, competitive, creative, and happy—and affects us as both individuals and as a nation.

The U.S. Centers for Disease Control estimates that 75% of the \$2.2 trillion we spend on health care each year is spent on preventable chronic disease, and that more than 50% of Americans suffer from one or more chronic disease conditions.



The physical examination is even more important in today's complex healthcare system.

Most adults do not have a personal doctor, and for many patients, the exam at EHE Health is their only encounter with a physician. Without a physician relationship, people are in a much more vulnerable position. A primary doctor knows your health history, and provides critical guidance to keep healthy.



Our mission. Our commitment. Our Future.

EHE Health is as committed today as it was in 1913 to enhancing the health and lives of people through preventive health. We continue to tackle new health challenges as they arise in the world, advance knowledge by using our wealth of evidence-based data and experience, and create innovative, effective health solutions for employers and employees.

The COVID-19 pandemic has demonstrated EHE Health's leadership during an unusually stressful, uncertain, and prolonged period. As an authority on preventive medicine, EHE Health provided public updates and clinical guidance about critical topics, including how to stay safe. We also administered vaccines in our clinics to clients. The solutions we created and our quick response to updates provided companies with crucial information, helping them adapt to this crisis and keep their workforce healthy and productive.

We look forward to continuing our mission to make meaningful contributions in this most important endeavor.