



Free & Clear, Inc. – Fact Sheet

Company

Free & Clear, Inc., formerly The Center for Health Promotion, Inc., was originally a department of Group Health Cooperative, a consumer-managed, regional health system serving more than 600,000 members in the Pacific Northwest. In November 2003, The Center for Health Promotion spun off from Group Health Cooperative under the direction of a group of venture capitalists including Polaris Venture Partners, Three Arch Partners, and Kaiser Permanente Ventures to officially form Free & Clear, Inc. as an independent business. In July 2004, Tim Kilgallon was appointed CEO. As of September 2009, Free & Clear is a wholly owned subsidiary of Alere LLC and its parent company, Inverness Medical Innovations.

Services

Free & Clear specializes in online learning supported by phone-based cognitive behavioral coaching to help employers improve the overall health and productivity of their workforce. Free & Clear's programs, the Quit For Life® Program, brought to you by collaboration with the American Cancer Society®, and the Mind & Body® Program, address the four key modifiable health risks that contribute to chronic disease: tobacco use, poor nutrition, physical inactivity and stress. Evidence-based and subject to continuous improvement, the programs reflect the company's standards of excellence in scalable service quality, customer service, continuous program improvement and transparent reporting of measurable outcomes at the individual participant and aggregate population level.

Scientific Evidence

With 25 years of experience in health behavior change, Free & Clear is a national leader in the remote delivery of evidence-based programs to address modifiable health risks. Free & Clear has contributed to more than 80 published research studies and has been endorsed by the Centers for Disease Control, Robert Wood Johnson Foundation and National Cancer Institute.



Visit Free & Clear's [Research Library](#) for more information.

Clients

Free & Clear helps more than 1500 people per day to adopt healthier behaviors. Participant satisfaction with the program is consistently above 90 percent. Free & Clear's clients include more than 350 commercial organizations (50 in the Fortune 500) and 27 state governments, representing more than 70 million people. Visit our website for a [partial client list](#).

Key Executives

Tim Kilgallon – President & Chief Executive Officer

Tim McAfee, MD, MPH – Founder, Chief Medical Officer

Sue Zbikowski, PhD – Vice President of Clinical and Behavioral Sciences

Jennifer Lovejoy, PhD – Vice President of Clinical Development and Support

Employees

Free & Clear employs 600 people, 450 of which are service delivery staff - highly trained Quit Coaches® and Mind & Body® Coaches - who are experts in behavior change, nutrition and exercise physiology.

Headquarters

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