

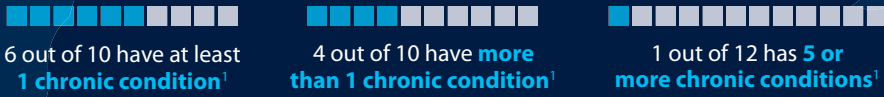
A healthy workforce is good for business

Promoting healthier behaviors by supporting employee wellness programs can pay off. Healthy employees are more productive, miss fewer days of work and help keep health care costs down.



WORKPLACE CHALLENGE

Americans are sicker today than ever before

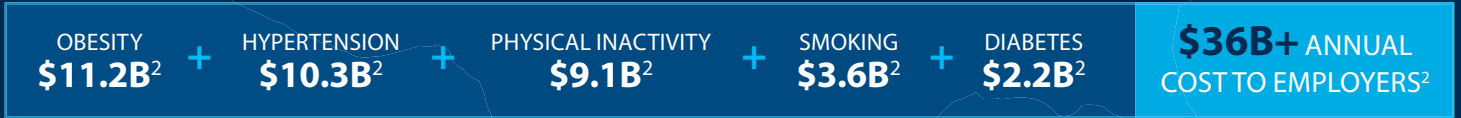



Employers shoulder growing health care costs

Chronic diseases and unhealthy lifestyle behaviors put business at risk. The five common conditions that cost employers the most are also the most preventable:²


- ① OBESITY²
- ② HYPERTENSION²
- ③ PHYSICAL INACTIVITY²
- ④ SMOKING²
- ⑤ DIABETES²

Every year, these medical problems cause employees to miss work or not perform at their best, resulting in lower productivity and driving up health care costs.



 **1-2 additional missed days of work per condition**²

 **12% of the population accounts for 41% total health care spending**¹

 Those with **5+ conditions** spend **14X more on health services**¹

HOW DO WE FIX THIS?

By promoting workplace health

The Ohio Bureau of Workers' Compensation, together with ActiveHealth® Management, has launched a free health program. It's fast, it's easy and it doesn't cost anything.

Your employees can start toward better health with three easy steps.



BE A HERO. INSPIRE HEALTHY CHOICES.

Empower employees to make healthy changes and reduce health care costs. Distribute program flyers at on-site events or post in your breakroom. It's easy!

PERKS FOR YOU



Happier, healthier employees



Lower health care spending*

PERKS FOR THEM



A chance to earn a \$75 gift card



Free access to digital health tools



To learn more about this free program, visit go.activehealth.com/betteryoubetterohio

¹ Rand Corporation. "Multiple Chronic Conditions in the United States." *Fight Chronic Disease*, 2017, www.fightchronicdisease.org/sites/default/files/TL221_final.pdf. 2/13/19
² Asay GRB, Roy K, Lang JE, Payne RL, Howard DH. Absenteeism and employer costs associated with chronic diseases and health risk factors in the US workforce. *Prev Chronic Dis* 2016;13:150503.