

# 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<sup>1</sup>



### 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:<sup>2</sup>

- ① OBESITY
- ② HYPERTENSION
- ③ PHYSICAL INACTIVITY
- ④ SMOKING
- ⑤ DIABETES

**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.



## HOW DO WE FIX THIS?

### By creating a strong culture of health

Together we can launch a well-being program that meets the unique needs of your employee population.

Take three easy steps to improve the health of your population:



## BE A HERO. INSPIRE HEALTHY CHOICES.

Empower employees to make healthy changes and reduce health care costs. We've got the tools to help you launch and promote your plan to your employees to drive awareness and engagement.



PERKS FOR YOU			PERKS FOR THEM		
Happier, healthier employees	Lower health care spending	4:1 ROI <sup>3</sup>	Access to digital health tools	Personalized health coaching support	A chance to achieve their best health



To learn more, visit [activehealth.com](http://activehealth.com)

1 Rand Corporation. "Multiple Chronic Conditions in the United States." *Fight Chronic Disease*, 2017, [www.fightchronicdisease.org/sites/default/files/TL221\\_final.pdf](http://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.  
 3 Because the structure, services, member incentives, list prices, member demographics and reimbursement rates vary significantly among health plans, the impact and total savings achieved by each health plan may vary. ROI is determined from the sum of ActiveHealth Management book of business program savings divided by average client program fees (January – December 2017). Evaluated May 2018.