

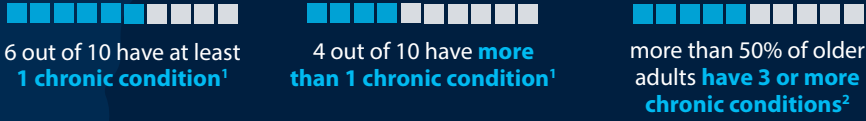
A healthy workforce is good for business

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



According to the CDC the two most expensive risk factors for chronic conditions are highly preventable.³



Resulting chronic conditions are top health care cost drivers.³

- 1 HEART DISEASE/ STROKE
- 2 DIABETES
- 3 CANCERS
- 4 OBESITY

1.5 billion days of illness-related absences⁴

5% of the population accounts for 50% of annual health care spending⁵

Those with 5+ conditions spend 14X more on health services⁶

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:

STEP 1

Connect with an ActiveHealth representative



STEP 2

Assess your needs and goals



STEP 3

Design an actionable population health plan



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



Healthier employees



Lower health care spending



3.6:1 ROI⁷

PERKS FOR THEM



Digital health dashboard to track progress



Personalized health coaching to motivate change



A chance to achieve their best health



To learn more, visit [ActiveHealth.com](https://www.ActiveHealth.com)

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1 <https://www.cdc.gov/chronicdisease/about/index.htm> (accessed 8/20/21)
 2 Raghupathi W, Raghupathi V. An Empirical Study of Chronic Diseases in the United States: A Visual Analytics Approach. Int J Environ Res Public Health. 2018 Mar 1;15(3):431. doi: 10.3390/ijerph15030431. PMID: 29494555; PMCID: PMC5876976. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5876976/> Accessed August 20, 2021
 3 <https://www.cdc.gov/chronicdisease/about/costs/index.htm#ref5>
 4 Blackman M. Employees Poor Health Cost Employers \$575B in 2019. Available at <https://www.healthleadersmedia.com/finance/employees-poor-health-cost-employers-575b-2019>. Accessed August 20, 2021.

5 Sawyer B and Claxton G. How do health expenditures vary across the population? Available at <https://www.healthsystemtracker.org/chart-collection/health-expenditures-vary-across-population/#item-start> Accessed August 20, 2021
 6 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
 7 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.