WELLNESS SUCCESS:
The proof is in the numbers
Heart disease is America’s #1 killer

1/2 of the adults in the U.S. have diabetes or pre-diabetes

Employees with depression account for an estimated $44 billion per year in lost productivity

Every 42 seconds, heart disease strikes someone in the U.S.
EXPENSES KEEP ADDING UP:

Employee healthcare costs are breaking the bank

Deductibles have risen 7x faster than wages over the past five years⁴

Healthcare costs are growing 4x faster than general inflation⁵

From 2005 – 2015 employer premium contributions rose 61% for family coverage⁴
TIME TO CHANGE THE EQUATION:

Employers need a better approach to preventive care

82% of at-risk Interactive Health participants saw their blood pressure drop

68% of at-risk Interactive Health participants lowered their LDL numbers

61% of at-risk Interactive Health participants reduced their glucose levels

Our participants see dramatic health improvements. Want to know how?
THE RIGHT WELLNESS FORMULA:

An effective approach starts with connection

Connecting all Interactive Health participants with speed and insight to their health risks

Quickly fostering increased physician involvement and follow up

Personalized action plan generated by proprietary ActiveEngine® technology to address each Interactive Health participant’s health risks

Interactive touchpoints throughout the year to keep wellness top of mind
Targeted and meaningful interventions can successfully reach and engage employees where they are

Immediate outreach results in
70% average engagement rate with high-risk Interactive Health participants

Incentives tailored to each unique client population and culture

Company-wide challenges that strengthen participation and community

Relevant member website content results in
10 minutes on average spent by Interactive Health participants per visit

SEE ENGAGEMENT MULTIPLY:
Employers achieve lower overall health risks

36% of Interactive Health participants at high risk improved their personal health score to a moderate or healthy state in one year⁶

78% of Interactive Health participants at moderate risk either improved or maintained their health state in one year⁶
34% of Interactive Health participants with pre-diabetes migrated back to a healthy state in the first year⁶

58% of Interactive Health participants with diabetes reduced their glucose levels in one year⁶

Wouldn’t your company like to avoid the nearly $8,000 in annual incremental costs for each employee with diabetes⁷

SUCCESSFULLY REDUCE DIABETES RISK

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The right wellness program will positively impact the bottom line

On average, **20%** reduction in medical spend for Interactive Health clients

Greater productivity and decreased absenteeism—Interactive Health participants return to work:

11 days sooner on average from workers’ compensation

and

17 days sooner on average from short-term disability
To view all the evidence that personalized wellness improves the well-being of your workforce and the health of your bottom line, visit: www.interactivehealthinc.com