



Why Preventive Care

The right preventive care at every stage of life helps all Americans stay healthy, avoid or delay the onset of disease, keep diseases they already have from becoming worse or debilitating, lead productive lives, and reduce costs.

COUNSELING | SCREENING | WELLNESS VISITS | PRENATAL CARE

can improve health and reduce costs by preventing illness⁵

THE PROBLEM

RESEARCHERS ESTIMATE THAT

75 PERCENT

OF ALL HEALTHCARE COSTS

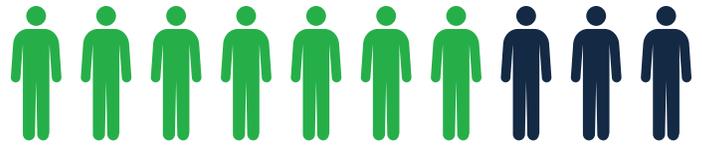
STEM FROM PREVENTABLE CHRONIC HEALTH CONDITIONS SUCH AS:

3,4



Chronic diseases, such as heart disease, cancer, and diabetes are responsible for

7 OF EVERY 10

 deaths among Americans each year

AND



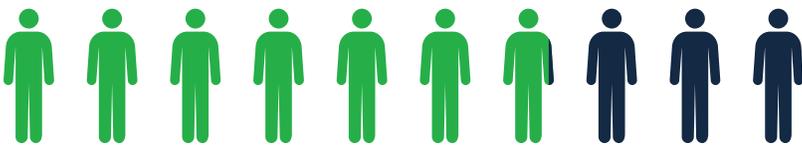
account for

75%

OF THE NATION'S HEALTH SPENDING⁵

Impacting productivity, health problems are a major drain on the economy, resulting in

69 MILLION EMPLOYEES



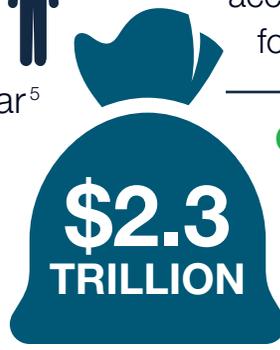
reporting **missed days** due to illness each year⁵

Only **HALF OF INSURED ADULTS RECEIVE PREVENTIVE INTERVENTIONS**

according to guidelines for their age and sex⁶



This loss of productivity **reduces economic output** by **\$260 BILLION** per year⁵



Only **2-3%** of the \$2.3 trillion spent on health care in the US is devoted to **PREVENTING ILLNESS & INJURY**^{1,2}

THE SOLUTION

Employers can increase the uptake of preventive services by



CREATING EVIDENCE-BASED PREVENTION AND WELLNESS PROGRAMS

AND



EFFECTIVELY COMMUNICATING BENEFITS⁵

PREVENTING DISEASE INCREASES PRODUCTIVITY



Asthma, high blood pressure, smoking and obesity each **reduce annual productivity** by between

\$200-\$440/PERSON⁵

Every dollar spent on **immunizations** saves \$6.30 in medical costs



=



Every **DOLLAR** spent on alcohol misuse screening and brief counseling **SAVES \$4** in health care costs¹⁰



Smoking cessation programs have the potential to **save almost \$200/SMOKER** in direct and indirect medical costs⁹

RESOURCES

¹ Woolf SH. A closer look at the economic argument for disease prevention. JAMA. 2009;301(5):536-538.

² U.S. Health Care Costs. Kaiser Family Foundation. <http://www.kaiseredu.org/Issue-Modules/US-Health-Care-Costs/Background-Brief.aspx>. Accessed on September 22, 2011.

³ Center for Medicare & Medicaid Services. National Health Expenditures and Selected Economic Indicators, Levels and Average Annual Percent Change: Selected Calendar Years 1990-2013. Washington, DC: Center for Medicare & Medicaid Services, Office of the Actuary; 2004.

⁴ Institute of Medicine. The Future of the Public's Health in the 21st Century. Washington, DC: National Academy Press; 2002.

⁵ <http://www.cdc.gov/healthcommunication/ToolsTemplates/EntertainmentEd/Tips/PreventiveHealth.html>

⁶ The Commonwealth Fund Commission on a High Performance Health System, Why Not the Best? Results from a National Scorecard on U.S. Health System Performance. The Commonwealth Fund. September 2006. Available from: http://www.cmwf.org/publications/publications_show.htm?doc_id=401577.

⁷ http://www.businessgrouphealth.org/resources/topics/preventive_services_2.cfm

⁸ Bloom DE, Canning D, Weston M. The value of vaccination. World Economics. 2005;6(3):1-40.

⁹ Fitch K, Iwasaki K, Pyenson B. Covering smoking cessation as a health benefit: a case for employers. Milliman, Inc. December 2006.

¹⁰ Zalin L, Lenocker K. Alcohol screening and intervention in the trauma setting save health-care costs by preventing further injuries. UW Today. 14 Jan 2005.