

How much does employee wellness affect health care costs?

Let's look at the numbers.

# Wellness by the Numbers

The recent cost of U.S. healthcare expenditures was **\$3.6 trillion.**



**6 in 10** adults suffer from a chronic disease, such as heart disease, diabetes and cancer.

**90%** of the nation's annual health expenditures are for people suffering with mental and chronic conditions.



Nearly **18%** of the nation's annual gross domestic product (GPD) was spent on health expenses.

Healthier employees have **41%** lower health-related costs than employees in poor health.



Participation in a disease management program reduced health care costs by roughly **\$136** per member, per month and reduced hospital admissions by **30%**.

Sources: Centers for Disease Control and Prevention, Centers for Medicare & Medical Services, RAND Corporation, Harvard Business Journal

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