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Wellness Programs Show Savings Potential

According to a 2013 study by the American College of Occupational and Environmental Medicine, workplace health promotion programs have the potential to reduce average worker health costs by 18% and even more for older workers. Researchers combined data from two major studies to estimate the possible savings in medical costs from reductions in key health risk factors. The study focused on seven risk factors or medical conditions typically addressed by workplace wellness programs: physical inactivity, low fruit and vegetable intake, smoking, overweight/obesity, high blood pressure, high cholesterol and alcohol abuse.

The results suggest that if all heightened risk factors could be reduced to their “theoretical minimums,” total medical care expenses per person for all working age adults could be reduced by about \$650, or 18%. The possible savings increased with age – up to 28% for older working adults and retirees.

Researchers say that the findings support the most recent widespread interest in wellness programs by employers, adding that potential savings are obvious.

According to the report, “medical care savings from workplace wellness programs will increase with time given that more eligible wellness program members participate, effective control of heightened risk factors improves, and greater risk reversal can be achieved.”

Should you have any questions about wellness programs or how to design a plan for your company, please contact your Conner Strong & Buckelew representative.



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