



Center for Health

# Wellness Impact and Value— Highlights

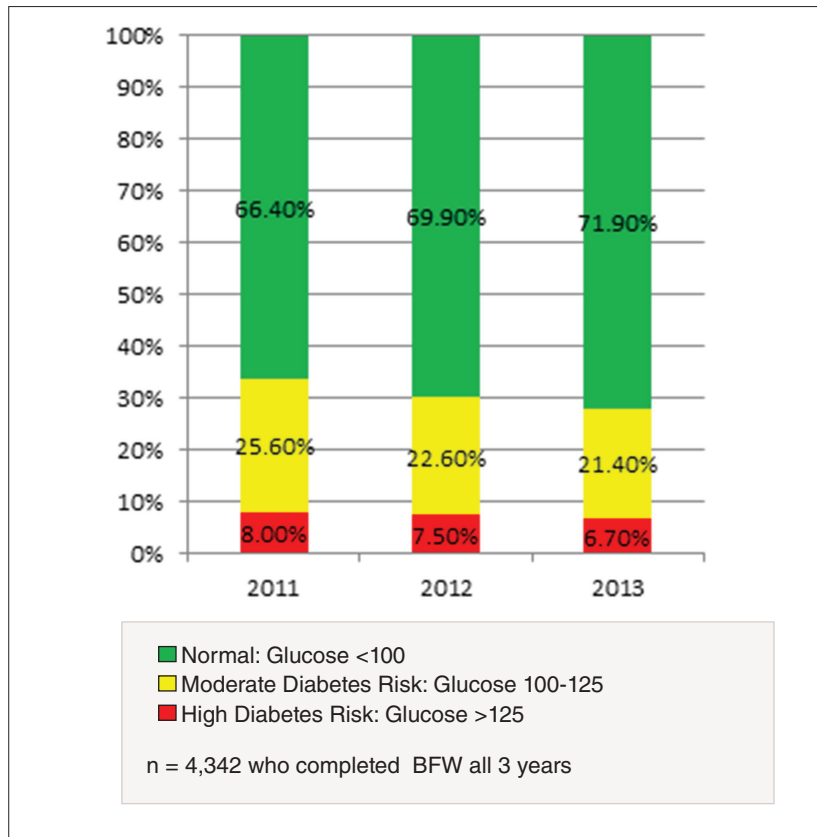
## HealthFlex Wellness Programs—Making Positive Impact on Metabolic Syndrome

Based on Quest Diagnostics analysis of 2011-2013 Blueprint for Wellness results:

- **57%** of those with metabolic syndrome in 2011 improved to no metabolic syndrome in 2013.
- Only **11%** of those without metabolic syndrome in 2011 developed metabolic syndrome by 2013.

For example:

- Of the 4,342 participants who completed Blueprint for Wellness all three years, the percentage of those with normal glucose levels **increased** from 2011 to 2013.
- A higher percentage **decreased** their diabetes risk than increased risk.
- This demonstrates slow, but significant movement in the right direction.



(over)

### What Is Metabolic Syndrome?

Metabolic syndrome is a serious condition in which several health risk factors often occur together. Metabolic syndrome is associated with much higher risks for cardiovascular disease and diabetes, which can result in heart attack, stroke and other serious health issues.

The American Heart Association identifies metabolic syndrome as the presence of three or more of the following risk factors (or needing medication to control these risk factors):

- **Triglycerides:** 150 mg/dL or more
- **Cholesterol:** Low HDL “good” cholesterol levels:  
Men: Less than 40 mg/dL  
Women: Less than 50 mg/dL
- **Blood Pressure:** 130/85 mm Hg or higher
- **Glucose:** 100 mg/dL or more
- **Waist circumference:**  
Men: More than 40 inches  
Women: More than 35 inches

### Continued Effort Needed

- **22%** of HealthFlex population under age 35 already has metabolic syndrome
- Overall, males with metabolic syndrome exceed females by nearly **8%**

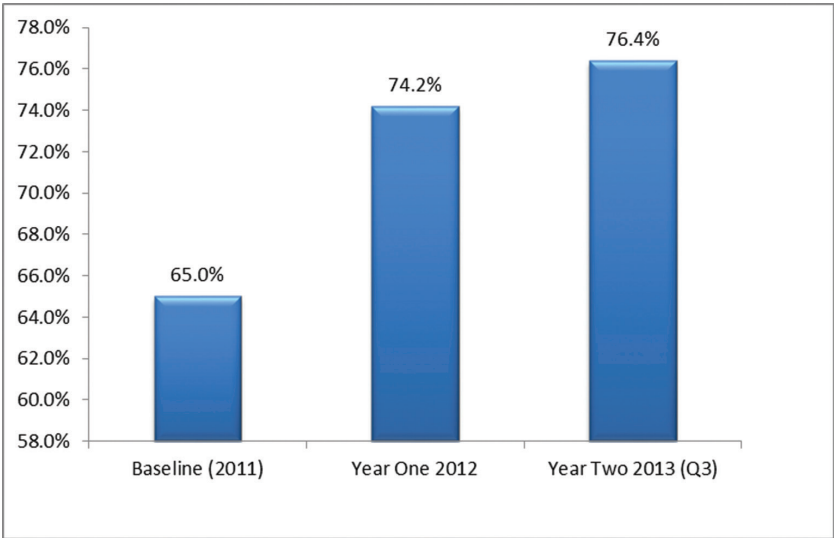


General Board

**Pension and Health Benefits**

*Caring For Those Who Serve*

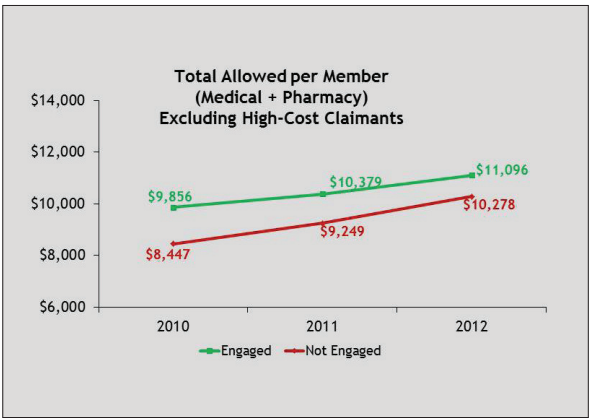
## Evide Health Reminders—Overall Compliance Continues to Increase



Compliance with recommended tests for preventive screening and chronic condition management continued to increase in 2013. Compliance rates plateau at 80% for most populations.

## Wellness Programs Have Positive Association with Cost

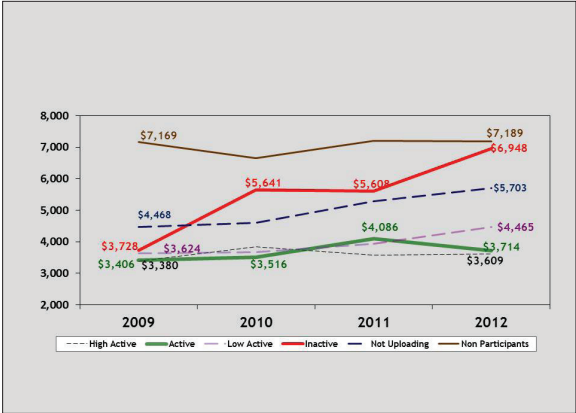
### WebMD Coaching: Associated with Lower Cost Trend



**Notes on Analysis:**

Coaching participants experienced a 6% medical and pharmacy trend vs. 10% for non-participants between 2010 and 2012. This analysis follows claims of individuals who became eligible for moderate-risk or high-risk coaching in July 2010. Total n = 4,925 (2,214 participants, 2,711 non-participants). The two groups had no significant differences at baseline, except the participants group was older (54 vs. 52 average age).

### Virgin Pulse HealthMiles: Activity Level Associated with Lower Cost Trend



**Notes on Analysis:**

This analysis follows a cohort of individuals who have been enrolled in Virgin Pulse HealthMiles since 2009 (n = 8,927). Higher activity level is associated with lower medical cost trend from 2009-2012.