

# Healthsync

Health Risk Assessment and Corporate Wellness Planning

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The cost of unhealthy behaviors, according to data collected, by 2015, we're going to be spending 20% of our GNP on healthcare. (\$147 Billion year 2009)

## **The Cost of Physical Inactivity To Employers**

When employers go to calculate what physical inactivity is costing their company. They should take a look at their total healthcare expenditures for a year and take 15% of that.

## **The Cost of Tobacco Using Female Employees**

Take a female who is 24 years of age and they are a smoker, it's going to cost \$106,000 for them over their lifetime to treat the diseases that they get from tobacco use.

## **The Cost of Tobacco Using Male Employees**

Take a man, and they are a tobacco user at age 24 and they use tobacco their whole life, it's going to cost \$220,000.

## **The Benefits of Quitting Tobacco**

Depending on how long these employees have used tobacco products, it's not uncommon that health benefits can be seen or realized in as little as three or four weeks.

## **The Cost of Healthcare For Someone Who's Obese And Someone Who's Not**

If you take, for example, someone who's obese and someone who's not, and they both have the same health condition or the same disease, it cost \$1,429 more to treat the obese person than it does the person who maintains a healthy weight—even though it may not be an obesity-related condition.

## **The Cost of Preventable Healthcare Claims to Employers**

If you factor in (preventable health conditions), you're looking at 35%-40% of total healthcare costs. If you add in tobacco use, you're now looking at 65%-70% of total healthcare expenditures within your company.

## **The Future**

Employer needs to take a pro-active approach in promoting wellness in the work place. Contact **Healthsync** for more information on personalized wellness programs.

330 Evergreen Rd. Suite2, Louisville, KY. 40243 Office: 502.244.6176 Fax: 502.245.3611  
Email: [Healthsync@bellsouth.net](mailto:Healthsync@bellsouth.net)