

Can You Afford Not to Have healthiestyou?



OFFICE VISIT COST TO EMPLOYER'S HEALTH PLAN (negotiated reduced rate) *

Top Reasons for Visit	Emergency Room	Doctor's Office/ Urgent Care	Healthiestyou <i>(Included)</i>
Allergies	\$345	\$97	\$0
Acute bronchitis	\$595	\$127	\$0
Earache	\$400	\$110	\$0
Sore throat	\$525	\$94	\$0
Pink eye	\$370	\$102	\$0
Sinusitis	\$617	\$112	\$0
Strep throat	\$531	\$111	\$0
Upper respiratory infection	\$486	\$111	\$0
Urinary tract infection	\$665	\$110	\$0

* Determined by calculating the average number of claims submitted in 2010 to the Choice Network, a system of more than 4,000 medical offices, clinics and hospitals across four Midwestern states.



WELLNESS ROI

Typical annual costs, for lifestyle behaviors and health conditions addressed by healthiestyou:

- Obesity: \$2,741 (*Health Economics, Jan 2012*)
- Diabetes: \$6,960 (*American Diabetes Association, 2007*)
- BP: \$1,367 (*Center for Disease Control, 2011*)
- Depression: \$2,184 (*Goetzal, 2012*)
- Sedentary: \$606 (*Goetzal, 2012*)
- Insomnia: \$2,000 (*Psychology Today, 2012*)
- Smoking: \$2,130 (*Center for Disease Control, 2010*)



MEMBERSHIP FEES

A family of 4 visits the Doctor, Urgent Care, or ER 11.2 times per year on average. Healthiestyou helps reduce healthcare costs by eliminating the need to visit a medical center and therefore, increasing productivity. With the average employee ER visit costing \$1,349 and a normal trip to the doctor setting you back \$199, healthiestyou's annual membership fees are a small price to pay.



**BY ELIMINATING
ONE ER VISIT
FOR EARACHE**

You can protect one family for one full year.



**BY ELIMINATING
ONE ER VISIT FOR
SORE THROAT**

You can protect three individuals for one full year.

CASE STUDY 1

Law office in the southeast with 49 employee members

ANNUAL UTILIZATION ¹	% OF CONSULTATIONS AFTER WORK HOURS ²	% OF CONSULTATIONS DURING WORK HOURS ³
163.2%	59.8%	40.2%

CASE STUDY 2

Financial services firm in the southwest with 361 employee members

ANNUAL UTILIZATION ¹	% OF CONSULTATIONS AFTER WORK HOURS ²	% OF CONSULTATIONS DURING WORK HOURS ³
22.7%	39.1%	61.9%

CASE STUDY 3

Equipment maintenance company in the northwest with 2400 employee members

ANNUAL UTILIZATION ¹	% OF CONSULTATIONS AFTER WORK HOURS ²	% OF CONSULTATIONS DURING WORK HOURS ³
70.0%	42.7%	58.3%

1. Number of healthiestyou consults divided by the number of employees.
2. Commonly results in costly urgent care and ER visits.
3. Employees with health conditions and at high risk for health problems had productivity costs ranging from \$15 to \$1601 more per year than similar employees without health conditions/risks.

Healthiestyou is not health insurance and we encourage all members to maintain adequate insurance from a responsible provider. Healthiestyou is designed to complement, and not replace, the care you receive from your primary care physician. Healthiestyou physicians are an independent network of doctors who advise, diagnose, and prescribe at their own discretion. Healthiestyou physicians provide cross coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Healthiestyou does not guarantee that a prescription will be written. No prescriptions available in Oklahoma.