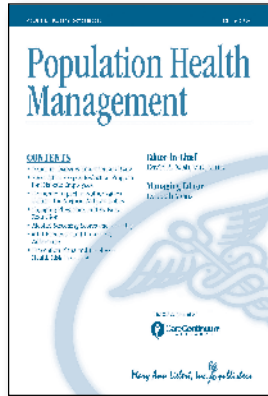


# The Impact of The Prevention Plan on Employee Health Risk Reduction

Full Research Study Published in  
*Population Health Management*  
Volume 13, Number 5, 2010

Authored By  
Ronald Loeppke, MD, MPH  
Dee W. Edington, PhD,  
Sami Bég, MD, MPA, MPH



## Study Design

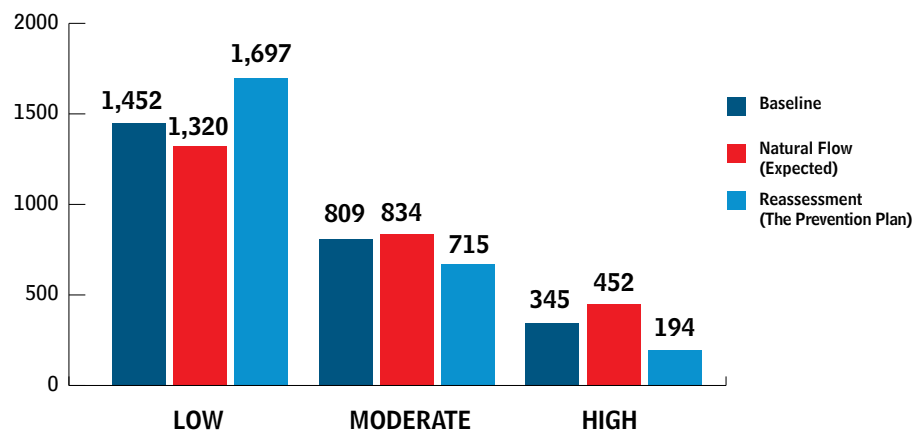
The goal of the study was to evaluate the impact of The Prevention Plan on employee health risks after 1 year of integrated primary (wellness and health promotion) and secondary (screening and early detection) prevention. The study group of 2,606 was comprised of individuals from three diverse employers who had completed 3 measurable steps – Health Risk Appraisal, biometrics and blood tests—both at the baseline and a year later. The results were then compared to Edington Natural Flow of Health Risks, which models employee risk when workplace wellness and disease management programs are not employed.

## What Is The Prevention Plan™

The Prevention Plan is an innovative benefit developed by U.S. Preventive Medicine. The Prevention Plan assesses each member’s health with a blood test, biometrics and online Health Risk Appraisal. Each member then receives a customized Prevention Plan with follow-up recommendations as well as interventional online tools and one-on-one coaching with nurses and health educators to teach them how to lower health risks and better manage their health over time. The program also features individual and team interventions, challenges, prize drawings, tutorials and employer incentives to increase engagement.

**The Prevention Plan™ provides evidence that health risks can be reduced by engaging individuals to be more proactive about their health. This first year results provide substantiation that a comprehensive program can have a beneficial impact over a relatively short period of time.**

**HEALTH RISK LEVEL TRANSITIONS OVER 1 YEAR WITH THE PREVENTION PLAN VS NATURAL FLOW (without wellness program)**

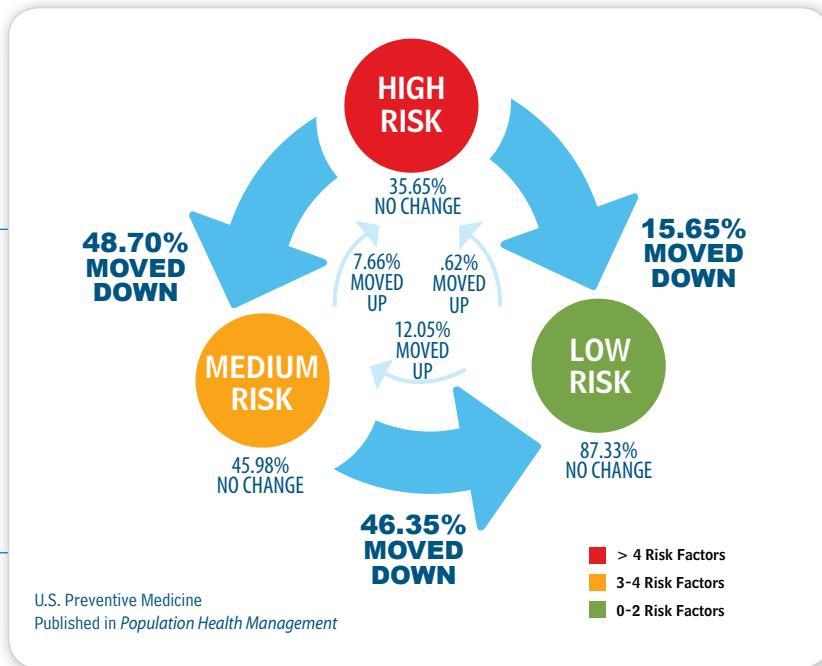


## Overall Health Risks Reduced

There was a significant overall health risk transition, with individuals from higher risk levels moving to lower risk levels. When compared to the data of Edington Natural Flow of Risks, a model that measures the health risks in an employer population who did not participate in a health improvement program, the impact is remarkable:

- ▶ 48.70% of individuals in the high-risk category moved to moderate risk (Natural Flow 31%)
- ▶ 46.35% moved from moderate risk to low risk (Natural Flow 35%)
- ▶ 15.65% moved from high risk to low risk (Natural Flow 6%)
- ▶ 87.33% remained in the low risk category (Natural Flow 70%)

There was a net increase of 9.40% of people in the low-risk category, a decrease of 3.61% in the moderate-risk category, and a 5.79% decrease in the high-risk category across the study population.



## One Year Health Risk Transition Study With The Prevention Plan

### Significant Reduction in Key Health Risk Factors

Specifically, 15 health risk measures among the cohort in 2008 were analyzed and reassessed in 2009. The group showed significant reduction in the majority of health risks measured at baseline and reassessed after being on The Prevention Plan for 12 months, with the most noticeable reduction in the proportion of employees with high-risk blood pressure (42.78%), high risk fasting blood sugar (31.13%) and high-risk stress (24.94%).

#### KEY INDIVIDUAL RISK REDUCTION COHORTS

	% Decrease in High Risk
Blood Pressure	42.78%
Fasting Blood Sugar	31.13%
Stress	24.94%
Perception of Health	24.50%
Alcohol	24.21%
Cholesterol	22.67%
Physical Activity	18.53%
Health Related Illness Days	14.76%
Fatty Diet	14.72%

*Significantly reduced key health risks.*

## Conclusions

- ▶ The Prevention Plan™ – which provides a customized program, interactive web-based tools and high-tech outreach by health coaches – provides evidence that health risks can be reduced by engaging individuals to be more proactive about their health.
- ▶ This first year results provide substantiation that a comprehensive, clinically-based preventive medicine program can have a beneficial impact over a relatively short period of time.
- ▶ Further evidence is provided for the business case that prevention is an investment to be leveraged rather than a cost to be justified.

## Researchers

### **Ron Loeppke, MD, MPH, FACOEM, FACPM**

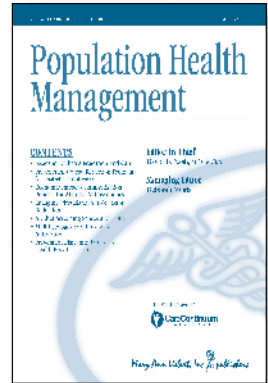
Vice-Chairman, U.S. Preventive Medicine, Inc.

### **Dee Edington, PhD**

Director of the Health Management Research Center at the University of Michigan; Member of the U.S. Preventive Medicine International Advisory Board; Founding Architect of the health and wellness movement.

### **Sami A. Béq, MD, MPA, MPH**

Associate Medical Director for U.S Preventive Medicine, Inc.



**Journal Article and  
References Available  
Upon Request**

**[www.USPreventiveMedicine.com](http://www.USPreventiveMedicine.com) | [www.ThePreventionPlan.com](http://www.ThePreventionPlan.com) | 866-369-9246**

## About U.S. Preventive Medicine

U.S. Preventive Medicine® is a leading a global preventive health movement focused on saving lives and money by keeping people healthy and better managing chronic conditions before they progress. The company provides an integrated continuum of prevention programs – primary, secondary and tertiary – that are based on the clinical science of preventive medicine. The world's first preventive health benefit, The Prevention Plan™, moves beyond traditional wellness to identify each individual's top health risks and design a customized plan of action supported 24x7 by nurse coaches. The company is accredited in wellness and health promotion by NCQA and disease management.

