

# *What If?*

## *You had a proven program that resulted in:*

- A Healthier Workforce
- A More Productive Workforce
- A Way to Reduce HealthCare Cost
- A Competitive Advantage

## *Here's How:*

You could do this by using your existing health plan as a health plan and not as a sick plan. Our program gives our clients a unique process to **measure, monitor and reward** employees who live healthy lifestyles.

## *Our Goal:*

- 80% of population engaged in practicing prevention
- 80% of the participants have the tools to manage their health issues effectively
- Drive employer medical cost trends 50% to 65% lower than market trends.

## *Your Results:*

- **Improved work quality**
- **Reduced absenteeism & presenteeism**
- **Lower workers' compensation cost**
- **Lower health care cost**
- **An Employer of Choice benefit**
- **One of the Healthiest Companies in America**



*It's about the business value of health, employers who embrace and promote a culture of health out perform their peers.*

# The Bottom Line—*Proof of Concept*

To measure the effectiveness of the IHS program, a respected, highly credentialed, third party company named Zoe Consulting analyzed a sample of 2 ½ years of medical claims data from a mix of over 300 employer groups – some that used IHS programs and some that did not.

### *Trend Analysis*

The findings from the study were that employer groups who used the IHS program had a **54% lower medical trend during the 2 ½ year time frame** compared to employer groups that did not use the IHS program. Also, employers who used the IHS program and a disease management program had a **65% lower medical trend during the 2 ½ year study period** compared to those that did not use IHS.



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[www.interactivehealtholutions.com](http://www.interactivehealtholutions.com)  
*or contact us 800.840.6100*

### *Results of Claims Cost Study*

**Aggregated Trend by Program Type**

