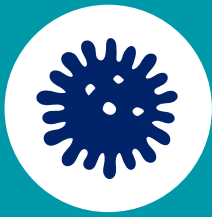


Chronic Conditions in the Workplace

COMMON CHRONIC CONDITIONS:



Kidney Disease



Cancer



Diabetes



Lung Disease



Stroke



Heart Disease

6 in 10

Americans currently have a chronic condition¹



4 in 10

have two or more chronic conditions¹



85%

of employees make up 65% of healthcare spending due to a chronic condition²

62%

of employees have a chronic condition²

\$36.4 Billion

amount employers lose annually due to absenteeism by employees with a chronic condition³

\$1,320

Average annual healthcare cost for a healthy employee²

\$4,668

Average annual healthcare for an employee with a chronic condition²

\$10,380

Average annual healthcare cost for an employee with multiple chronic conditions²

Going forward...

What Employers Can Do

- Provide educational materials about chronic conditions and how to manage them.
- Offer a smoking cessation program.
- Start an incentive programs to encourage employees to engage in behavior modifying activities.
- Consider offering health coaching to help those who need guidance.
- Offer employee discounts to a nearby gym or community center.
- Encourage employees to participate in biometric screening and health risk assessments and give them a dashboard to track their progress.

What Employees Can Do

- Focus on a diet that is low in sodium, fats and sugar. Read nutrition labels and consider journaling your food intake.
- Aim to get at least 30 minutes of physical activity per day.
- Continue to take all medications as prescribed by your doctor.
- Aim to get between 7 to 9 hours of sleep per night.
- Limit alcohol use and stop smoking.
- Don't delay seeing your doctor and contact them if you aren't feeling well.
- Read educational materials and participate in learning modules offered by your employer.

¹ Center for Disease Control's National Center for Chronic Disease Prevention and Health Promotion, Chronic Conditions in America, October 2019

² PwC Healthcare Research Institute, Healthcare Cost Trends, June 2019

³ Center for Disease Control's National Center for Chronic Disease Prevention and Health Promotion, Workplace Health Promotion, March 2020