Heart Disease and the Impact on the Worksite.

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HAP Worksite Wellness

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Heart Disease Facts

• Heart disease is the number one killer of both men and women.

• Heart disease accounted for the highest total spending of any condition – over $143 billion nationally and $4.2 billion in Michigan in 2010.
Heart Disease Facts

By 2030, it is predicted that:

- The cost to treat heart disease in the United States will triple.
- About 116 million Americans (40.5 percent) will have some form of cardiovascular disease, compared to about 37 percent now.
- The cost of medical care for heart disease will be $818 billion, compared to $273 billion in 2010.
- Lost productivity from heart disease will be $276 billion, up from $172 billion.
Risk Factors for Heart Disease

• Conditions
  – Blood cholesterol levels
  – High blood pressure
  – Diabetes

• Behavior
  – Tobacco use
  – Diet
  – Physical inactivity
  – Obesity
  – Alcohol

• Heredity
Cost Implications for Worksites

• Productivity losses related to personal and family health problems cost U.S. employers $1,685 per employee per year, or $225.8 billion annually.

• A review of 73 published studies of worksite health promotion programs shows an average $3.50-to-$1 savings-to-cost ration in reduced absenteeism and health care cost
Benefits of Worksite Wellness Programs

A meta-review of 42 published studies of worksite health promotion programs shows:

• Average 28% reduction in sick leave absenteeism
• Average 26% reduction in health costs
• Average 30% reduction in workers' compensation and disability management claims costs
• Average $5.93-to-$1 savings-to-cost ratio

Source: Partnership for Prevention
Worksite Programs Promoting Heart Health

- Health screenings
  - Blood pressure
  - BMI/body fat
  - Cholesterol*

- Workshops
  - Ask the expert (dietitians, clinicians, pharmacists)
  - One hour presentations on heart health, exercise, diet, etc.

- Comprehensive programs
  - Managing High Blood Pressure
  - Weight Wise at Work
  - Weight Watchers
  - Smoking cessation (Get Quit, SIP, HealthMedia ® BREATHE™ Walk for Better Health)

* Denotes fee
Smoking Cessation Programs

• Get Quit Clinic - one hour workshop taught by a tobacco treatment specialist. Free

• Smoking Intervention Program (SIP) -- a six month, telephone based program that allows participants to work one-on-one with professional counselors. Free to HAP HMO and Senior Plus members.

• HealthMedia® BREATHE™ - the iStrive™ on-line digital health coaching program based on seven key principles. Free to HAP HMO and Alliance members.

For more information contact: www.henryford.com/tobaccofree or 1-888-427-7587
iStrive

- Online “Digital Coaching” program
- Launched in June 2005
- Over 130,000 program uses
- iPhone app with physical activity program
iStrive

- Health Risk Assessment (*Succeed®*)
- Follow-up programs
  - Weight Management: *Balance®*
  - Healthy Eating: *Nourish®*
  - Smoking Cessation: *Breathe®*
  - Stress Management: *Relax®*
  - Physical Activity: *Move ®*
  - Chronic Disease Management: *Care™ for Your Health*
  - Back Pain Management: *Care ™ for Your Back*
  - Diabetes Management: *Care ™ for Your Diabetes*
  - Pain Management: *Care ™ for Your Pain*
  - *Control ®* for High Blood Pressure Management
  - *Achieve ®* for Cholesterol Management
NEW Weight Wise Workbook

• Changes to the workbook
  – Streamlined content
  – Tabbed design
  – Look and feel consistent with our other pieces
  – Added perforated page ad the end of the book for progress tracking (mimics Zonya’s Habit Tracker)

• Eight healthy Habits remain the focus of the program.

• The updated version of the workbook will replace the former version at all worksite events.
New WELCOA Brochures

- Exercising Safely: Getting Fit & Staying Safe
- Victory At The Vending Machine
- Get The Whole Story: Discovering The Power Of Whole Foods
- Breast Cancer
- Men's & Women's Health
- How To Handle Stress At Work
Other Updated HAP Material

Mall Walking and Healthy Dining Guides
HAP Worksite Wellness
Tools for the Employer

Worksite Wellness e-letter
- Quarterly
- Circulation >700
- Trends
- Best practices
- Featured HAP programs

LinkedIn Group
- 71 members to date
- Sharing ideas, resources, information
New HAP Website

Medicare's 2011 Highest Plan Star Ratings in Michigan*:
- HAP Senior Plus (hmo)
- HAP Senior Plus (hmo-pos)
- Alliance Medicare PPO (that's HAP, too!)
Recognized for the quality and customer service you can count on.
Learn More

*Based on the 2011 Medicare Overall Plan Star Ratings. See full results at www.medicare.gov/find-a-plan

Medicare Plans
Medicare Advantage, Part D and Medicare Supplement plans for Medicare eligible beneficiaries.
Learn More

Individual & Family Plans
Health care plans for individuals and families not covered by employer provided health insurance.
Learn More

Employer & Group Plans
A full range of HMO, PPO, EPO and POS products and services for employers and group customers.
Learn More

Prospective...
- Employers
- Members
- Producers
- Providers

Topics of the Month
National Cervical Cancer Awareness Month
Learn More

Flu Season: Is it Just a Cold or the Flu?
Learn More
HAP Worksite Wellness
Tools for the Employer
HAP Worksite Wellness
Tools for the Employer

Worksite Wellness Website: www.hap.org/worksite
Social Media Update

- iStrive Move
  - iPhone/iTouch app
- LinkedIn Group
  - Group Name: Health Alliance Plan (HAP) Worksite Wellness
  - Networking group for HAP Employer Groups only
- Facebook
  - Wise Woman Facebook page, targeting HAP Wise Women members
- Twitter
  - HAP Corporate twitter account: “hapmichigan”
- YouTube
  - HAP Corporate channel
Thank- you !!!
Worksite Wellness LinkedIn Group

- Post weekly wellness tips
- Share pertinent wellness articles
- Provide information on upcoming, local wellness conferences

Provide a space for you, the employer groups, to interact and ask questions to each other.
Accessing the HAP Worksite Wellness LinkedIn Group

- www.linkedin.com
After logging in, search for our group
Group Name:
Health Alliance Plan (HAP) Worksite Wellness
Our Group Page

Health Alliance Plan (HAP) Worksite Wellness

Latest Discussions

Have you created a 'brand' for your wellness program? If so, tell us about it and how you established it. • 4 hours ago

Most Popular Discussions

HAP Worksite Wellness Forum, Feb. 17th from 9am - 11am, at HAP Southfield (21700 Northwestern Hwy). RSVP to livewell@hap.org by Feb. 10th.

You will hear from a Nurse Practitioner and Pharmacist regarding heart health. Our 'Best Practice' segment will include a presentation by Sophia Dollar and Merlyn Merkison from Wayne State University on their 'Wellness Warriors' program.

posted 8 days ago

HAP Wellness Tip of the Week

The simple things in life can make a grand difference. It only takes a moment to hug a friend, call a loved one, send a note, or smile at a stranger. You receive so much when you give to others - even in such small gestures.

posted 8 days ago
Questions?