

United States
workforce illness
costs the economy

\$576 billion
annually¹



Poor Employee Health Can Lead To:

Lost Employee Time

450 million

additional days of work are missed by full-time workers in the U.S. who are overweight or obese and have other chronic health conditions.²

Chronic Conditions

80% of total costs for all chronic illnesses are linked to 8 risks and behaviors.³

- Poor Diet
- Poor Stress Management
- Physical Activity
- Poor Standard of Care
- Smoking
- Excessive Alcohol Intake
- Insufficient Sleep
- Lack of Health Screening

Lost Revenue

Employers who target 3 of the 8 health risks and behaviors can save as much as

\$700 a year per employee.⁴

Practices Can Improve Employee Health By:



Establishing a 100% Tobacco-Free Worksite



Partnering With A Dedicated Health Promotion Coordinator



Sponsoring and Supporting Wellness Programs and Events



Implementing Incentive Strategies

The Result of Healthier Employees Is That They:



Cost Less to Insure



Have a Lower Rate of Absenteeism



Are More Focused and Productive



Have Increased Vitality and Improved Morale



Contact Jason Horay to learn more about worksite wellness!
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North Carolina Medical Society Employee Benefit Plan