



Prevention solutions: A smarter way
to manage total population health





Inspire your employees to take ownership of their health

As health care costs continue to rise, employers today need smarter strategies and tools to achieve their goals for total population health management. Optum helps make it easy for employers to create a culture where employees become active participants in managing their health.

Our prevention solutions empower both employers and employees.

Benefit for employers/sponsors

- Increased employee engagement and satisfaction
- Higher productivity
- Reduced costs

The economic impact of engaged employees can be substantial.

MEDICAL COSTS **\$3.27**

ABSENTEEISM COSTS **\$2.73**

Benefit for employees

- Better quality of life
- Inspiration to make healthy choices and continue participation
- Simplified, integrated and personalized experience

decrease
for every \$ spent
on wellness programs¹

Employees who complete an online + phone-based wellness coaching program are



64% more likely to **LOSE** weight.²

¹ Baicker C, Cutler D, Song Z. Workplace wellness programs can generate savings. *Health Affairs*; Feb. 2010 29(2):304-311.

² Optum Health Risk Reduction Study, 2012 Note: All comparisons are to matched individuals who did not participate in any wellness programs.

Employees who complete a biometric screening program are:

75% more likely to **LOWER** their **CHOLESTEROL**

2x as likely to **LOWER** their **BLOOD PRESSURE**²

Optum™ prevention solutions: A unique approach based on engagement, integration and innovation

Engagement. The difference between good intentions and real results.

Our prevention solutions are constantly being improved, incorporating the latest technology platforms, devices and engagement methods.

We use a unique, proprietary model to predict the likelihood of employee participation. Then, using the latest behavioral change research, we structure our programs to meet employee interests and needs based on our Awareness, Skill Building, Maintenance (ASM) Behavior Change Model.



Awareness

Optum alerts employees to potential wellness issues and helps them take a more proactive role in managing their health.

Skill building

Optum surrounds employees with the tools and support they need to help build self-confidence and achieve their goals.

Maintenance

Optum rewards employees for continuing to make healthy choices and lifestyle improvements over the long term.



51%

of employees say an on-site health program has increased their productivity.³

³ Critical meta analysis of literature. Baicker C, Cutler D, Song Z. Workplace wellness programs can generate savings. *Health Affairs*; Feb. 2010 29(2):304-311.

Integration. The right resources. Right when they're needed.

With prevention solutions from Optum, there's no need to manage multiple vendors. Your company will have access to a wide depth and breadth of solutions in the industry, all from a single partner. Our solutions work together, with information flowing seamlessly across all touchpoints.

Innovation. Taking health management to a smarter level.

More than just data, Optum uses consumer insights and the latest advancements in technology to drive engagement. We have access to large amounts of data from multiple sources to improve outcomes and provide insights that result in greater cost savings.

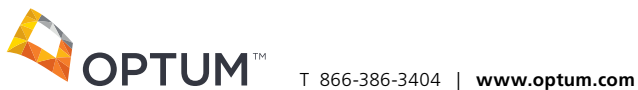
Let us create a solution that works for you.

Now is the time for a total population health management strategy that starts with employees who are totally engaged.

Optum Prevention Solutions are designed to give employers the tools and resources they need to help achieve their goals for total population health management, by inspiring employees to become active participants in managing their health.

See how our solutions can work for your company.

Visit www.optum.com to learn more, or contact **866-386-3404**.



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