



State of Employee's Health

In 2018, Atrium Health Employer Solutions gathered data based on stats from their own clients. From the types of incentives that work to how healthy today's employees are, this data provides a glimpse on the status of employee health today.

What works.

Employee Engagement

WITH WELLNESS PROGRAM INCENTIVES
WITH HEALTH COACHING

81.3%

received an incentive connected to
BENEFIT PLAN
such as Health Savings Account
contribution or premium discount

41.3%

used
COACHING
as a reasonable alternative standard
to earn a wellness program incentive

28.6%

received a
MONETARY INCENTIVE
cash, gift card and/or raffle

12.3%

received the option to
EARN BACK
a surcharge

In 2018

10,864 Individuals

COMPLETED BIOMETRIC SCREENINGS
SHOWING MODERATE TO HIGH RISK FACTORS*

69.8%

risk

HIGH BLOOD PRESSURE

20.2%

risk

HEMOGLOBIN A1C OR GLUCOSE

37.2%

risk

HIGH CHOLESTEROL

46.7%

risk

WAIST CIRCUMFERENCE

7.7%

risk

TOBACCO USAGE

Risk Distribution
OF 10,864 INDIVIDUALS

14.0%
LOW RISK

24.3%
MODERATE RISK

61.7%
HIGH RISK

* "Completed biometric screenings" means that an individual had valid data in 2018 for each biometric measure including Blood Pressure, Hemoglobin A1C or Glucose, Cholesterol, and Waist Circumference, with tobacco usage considered independently OR they had at least one high-risk measure.