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%** **HIGH BLOOD PRESSURE**
- **20.2%** **HEMOGLOBIN A1C OR GLUCOSE**
- **37.2%** **HIGH CHOLESTEROL**
- **46.7%** **WAIST CIRCUMFERENCE**
- **7.7%** **TOBACCO USAGE**

### Risk Distribution

**OF 10,864 INDIVIDUALS**

- **14.0%** **LOW RISK**
- **24.3%** **MODERATE RISK**
- **61.7%** **HIGH RISK**

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*“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.*