

Chronic Care & Personal Responsibility

Asheville Project:

- Five-year study of Rx care for patients with diabetes
- Measured result showed 50% of patients improved at each measurement
- Total mean direct medical costs decreased \$1,800 per patient
- Days of sick time decreased every year
- Estimated increase in productivity resulted in \$18,000/year

Safeway:

- Four-year health care costs flat compared to 38% by average U.S. company
- Focus on 70% costs attributable to behavior and 74% costs result of obesity, diabetes, cancer and cardiovascular disease
- Voluntary
- Lower premium cost for those who pass tests