



U.S. Preventive Medicine



# Improve Employee Health & Lower Medical Costs\*

U.S. Preventive Medicine (USPM) and Cleveland Clinic Wellness Institute (CCWI) have partnered to offer employers an innovative and evidenced-based population health management solution. This unique partnership combines technology, coaching, care management, EAP solutions, and much more to drive success through high rates of engagement and sustained behavior change. We are experts in population health with proven results that demonstrate employers can save big and employees can reclaim their health.

## In a Class of Our Own

Today USPM is the **first and only** wellness company to be validated in achieving a sustained reduction in healthcare costs associated with hospitalizations and ER visits for asthma, cardiac events, COPD, congestive heart failure and diabetes.\*\*

The Cleveland Clinic is ranked as one of America's **Top 5 Hospitals** by U.S. News & World Report Honor Roll 2015-2016. The Cleveland Clinic Wellness Institute (CCWI) reflects the deep expertise, clinical research, and knowledge base of the Cleveland Clinic.

## Proven Results

In a population of **33,459**, USPM achieved a **41%** reduction in hospitalizations and ER visits.

USPM reduced medical costs for one employer by **\$5.6 million over three years** through nurse-based care management for **299 members with diabetes**.

CCWI reduces health risk by **40%** in populations engaged in eCoaching.

## Evidence-Based Formula for Success

**Primary Prevention:** USPM and CCWI help the healthy stay healthy through health assessments, healthy eating, regular physical activity, stress management, smoking cessation, and more.

**Secondary Prevention:** USPM and CCWI help their members decrease health risks and avoid chronic illnesses through early detection and health screenings, preventive tests and health coaching.

**Tertiary Prevention:** USPM and CCWI empower individuals with chronic conditions with a personalized care plan for provider treatment plan adherence and care coordination.

## Pillars for Engagement

**Organizational Alignment:** We garner leadership commitment for a sustainable culture of health and wellness.

**Health & Well-Being:** We provide engaging and evidence-based programs with robust tracking and reporting.

**Environment:** We empower individuals by creating an environment that makes the healthier choice the easiest choice.

To learn more, visit [www.USPM.com](http://www.USPM.com) or call **866.665.0096**.

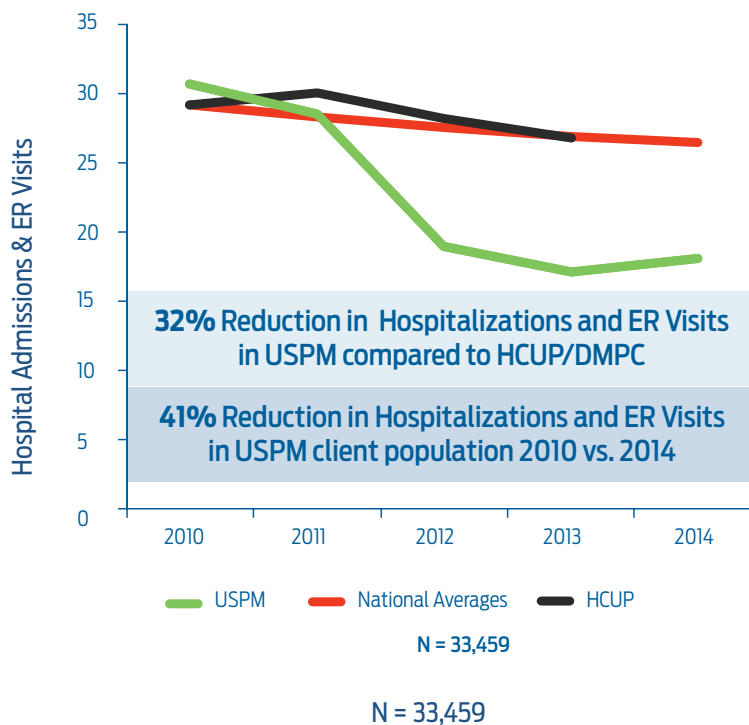


(\*) The Association of Technology in a Workplace Wellness Program With Health Risk Factor Reduction Ron Loeppke, MD, MPH, Dee Edington, PhD, Joel Bender, MD, PhD, MSPH, and Ashley Reynolds, MSN, RN; JOEM, Volume 55, Number 3, March 2013  
(\*\*) July 2015, <http://www.validationinstitute.com/validated-organizations/>

WITH PERFORMANCE REPORTING

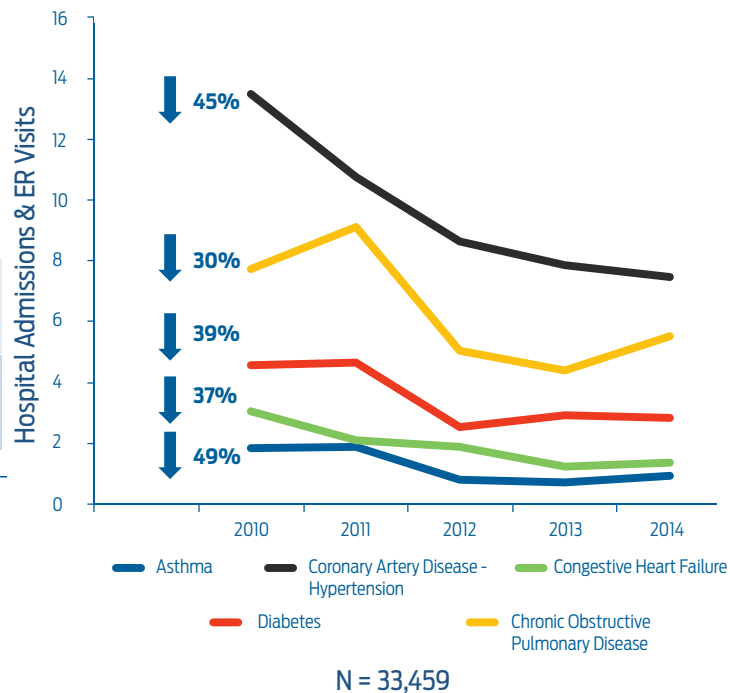
## USPM Total Hospital Admissions & ER Visits Across Conditions vs. DMPC and HCUP National Averages (per 1,000 members)\*\*\*

- USPM achieved a **41%** reduction in hospitalizations and ER visits in USPM client population (2010 vs. 2014).
- USPM achieved a **32%** reduction in hospitalizations and ER visits in USPM compared to HCUP/DMPC.



## USPM Hospital Admissions & ER Visits Trend Reductions (per 1,000 members)

- **49%** reduction in asthma
- **45%** reduction in Coronary Artery Disease - Hypertension
- **39%** reduction in diabetes
- **37%** reduction in Congestive Heart Failure
- **30%** reduction in Chronic Obstructive Pulmonary Disease



*“Through the Validation Institute, Care Innovations seeks to provide organizations with unbiased, third-party evaluation to ensure its assessment methodology is sound,” said Sean Slovenski, CEO of Intel-GE Care Innovations. “This is critical in building population health programs that will help those who are sick better manage their health and prevent those who are at-risk from developing costly chronic conditions. Organizations like **U.S. Preventive Medicine are helping improve the health and well-being of thousands of people** and we are pleased to announce the validation of its services.”*

*“... **Only USPM has been able to demonstrate a significant reduction in actual hospital events**, the hitherto unattainable holy grail of wellness.” - Al Lewis, founder and president of the Disease Management Purchasing Consortium, and author of the award-winning book *Why Nobody Believes the Numbers: Separating Fact from Fiction in Population Health Management*.*

**Empowering communities to add life to their years and years to their life...  
one person at a time.**

(\*\*\*) Disease Management Purchasing Consortium (DPMC) and the federal Healthcare Cost and Utilization Project (HCUP) databases