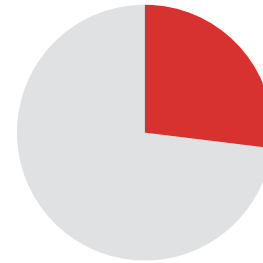


# Chronic Disease

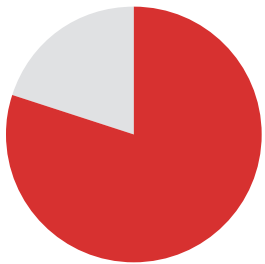


**46%** of consumers with a chronic condition who were surveyed said they discovered their illness through a wellness program\*



**27%** of Americans are living with some form of cardiovascular disease

Source: AHA



Chronic conditions afflict one out of every two Americans, and account for **80%** or more of all healthcare spending in the U.S

Source: CDC



People with chronic conditions account for **81%** of hospital admissions



**91%** of all prescriptions filled



**76%** of all physician visits

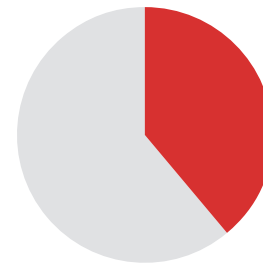
Source: Partnership to Fight Chronic Disease

\* Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

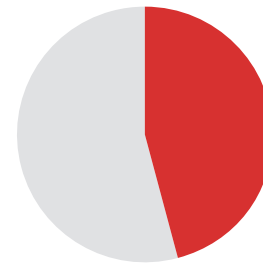
# Mobile Health



**39%** of consumers have not attempted to access their clinical health data from a mobile device



Only **18%** of the general population use mobile apps for health

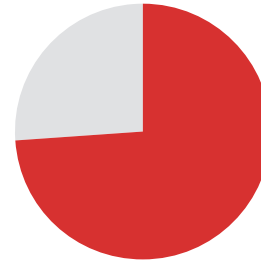


Compared to **45%** of those with diabetes

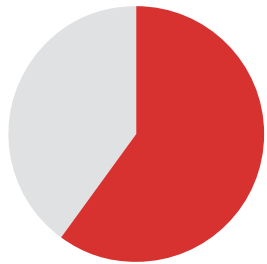
# Access to Health Data



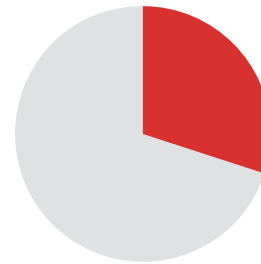
**53%** of consumers say they can't access all of their clinical health data from a computer



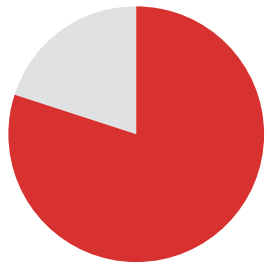
**74%** say easy electronic access to health data would improve their knowledge of their health and improve communication with their physicians



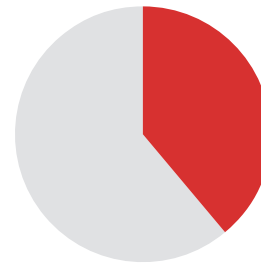
**60%** of people say they are unsure, or do not have all of their health data stored in EMRs



**30%** of people say they have had trouble accessing their health data when they needed it

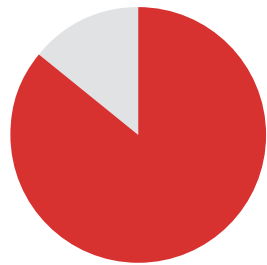


**80%** of Americans who have access to their health information in electronic health records actually use it

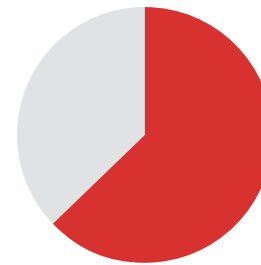


**39%** of consumers are unable to access all of their clinical and behavioral health data from a single source

# Smoking Cessation

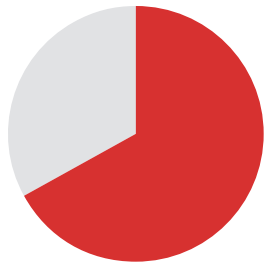


**86%** say they are likely to quit smoking with an incentive



**63%** of wellness programs don't include a smoking cessation program

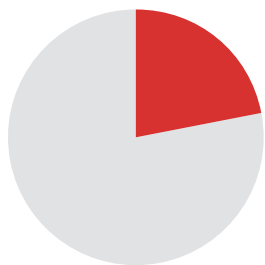
# Cancer Screenings



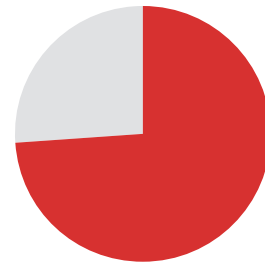
**67%** of all consumers believe mammograms should begin before age 50.



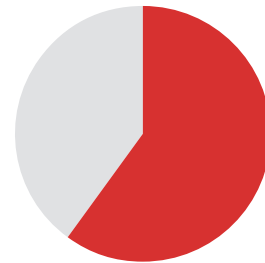
Another **52%** of all respondents say every-other-year testing is not often enough



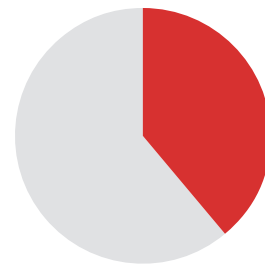
Only **22%** of program members say periodic cancer screenings are built into their wellness plan



**73%** of women respondents believe mammograms should start before age 50. Another



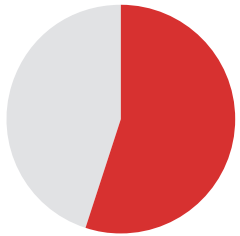
**60%** of the women surveyed say every-other-year mammograms are not frequent enough



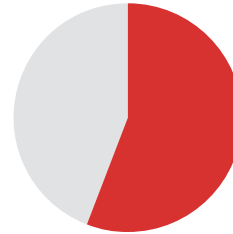
**37%** of people don't know what cancer screenings they need to get and how often

★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

# Health Knowledge



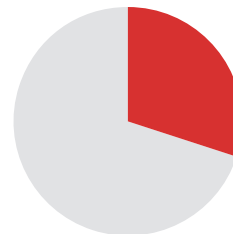
**55%** of all consumers want help from their healthcare plan in setting personal health goals



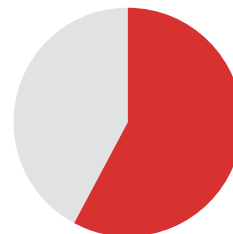
**56%** of all consumers want to track goals weekly and monthly



**52%** of all consumers don't understand their health information or what to do about it



**30%** of those diagnosed with pre-diabetes are not aware that their condition is reversible;



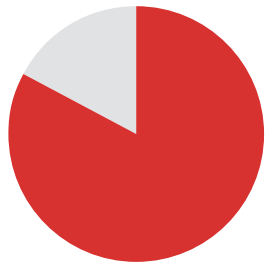
**58%** of these individuals have not taken any action toward minimizing their risk for Type 2 diabetes

★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

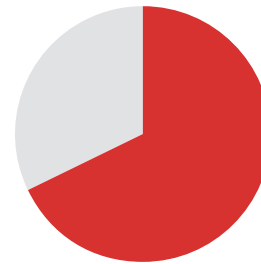
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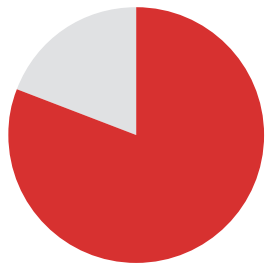
# Health Knowledge



**83%** of consumers do not know their blood-glucose level



**68%** of consumers don't know their biometric measurements



**81%** of consumers want to know their biometrics yearly or every 6 months



**19%** of people know their cholesterol level,



**17%** of people know their blood glucose level,



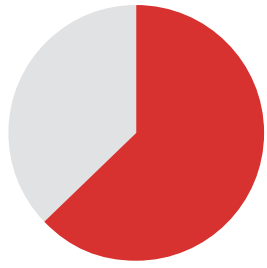
**21%** of people know their BMI (Body Mass Index),



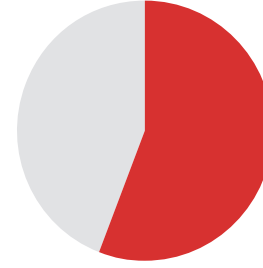
**32%** of people know their blood pressure

★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

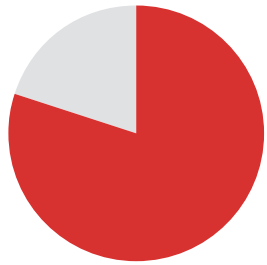
# Health Information Preferences



**65%** of consumers want reminders about critical health actions such as prescription refills and annual health exams



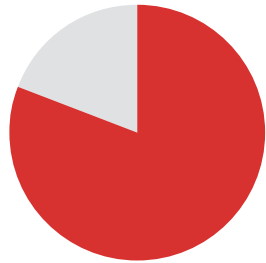
**56%** of consumers want to track goals weekly and monthly



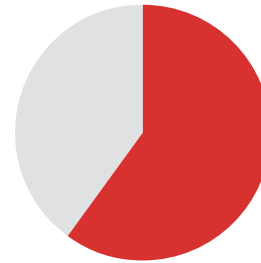
**80%** of consumers want easy access to trusted clinical data



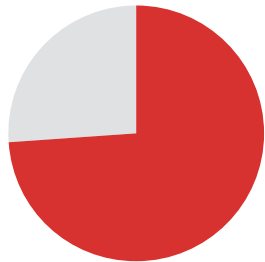
# HealthCare Costs/Spending



**81%** of wellness programs do not include a price comparison tool\*



**62%** of consumers say wellness programs don't help them manage healthcare costs\*



**75%** of consumers do not price shop for medical services\*



One out of five insured Americans have avoided visiting a doctor for a general health concern within the past 12 months because of the cost

*Source: Harris Poll*

\* Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

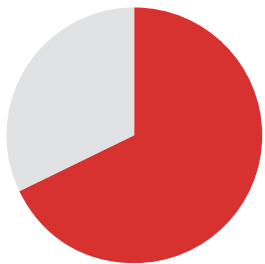
# Diabetes



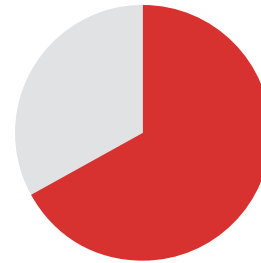
**30%** of those diagnosed with pre-diabetes are not aware that their condition is reversible;



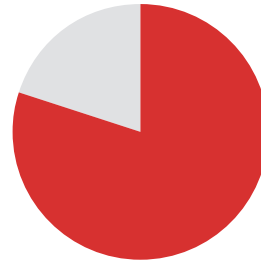
**58%** of these individuals have not taken any action toward minimizing their risk for Type 2 diabetes\*



**67%** of those diagnosed with diabetes have had health complications\*

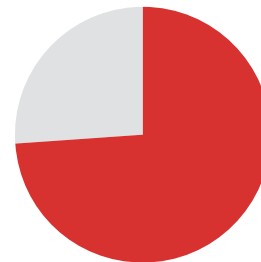


**66%** of those diagnosed with diabetes feel their diabetes is not completely under control\*



Eating healthy, being active and not smoking could prevent **80%** of type 2 diabetes

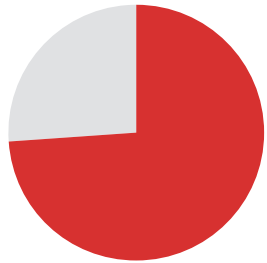
*Source: CDC*



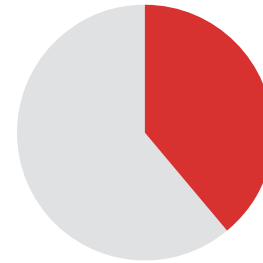
**72%** of those diagnosed with diabetes have at least one other chronic condition\*

\* Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

# Diabetes



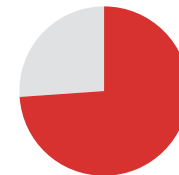
**73%** of those diagnosed with diabetes report difficulty coping with their illness



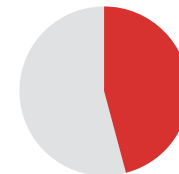
**39%** of those diagnosed with diabetes have had to go to the Emergency Room or to Urgent Care within the past year because of their chronic condition



**48%** of those diagnosed with diabetes report they have lost work time in the past year and **52%** say that their condition has lowered their productivity while at work



While **74%** are using mobile applications daily, a much smaller number—**45%**—are using mobile applications to track their diabetes/ pre-diabetes

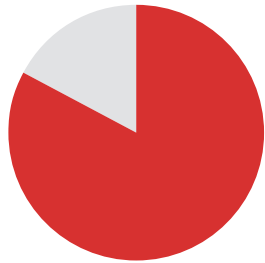


★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

**healthmine**<sup>™</sup>

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# Diabetes



**83%** of consumers do not know their blood-glucose level\*



**17%** of people know their blood glucose level\*



More than **29 million** Americans have diabetes

Source: CDC



The cost of ignorance about diabetes is colossal, adding up to **\$322 billion** per year

Source: The American Diabetes Association



**86 million** Americans

(more than one out of three) have pre-diabetes

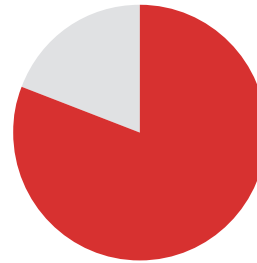
Source: CDC

\* Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

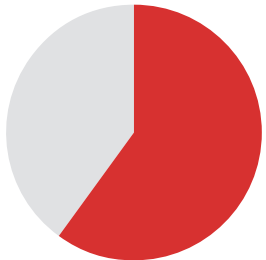
# Wellness Programs



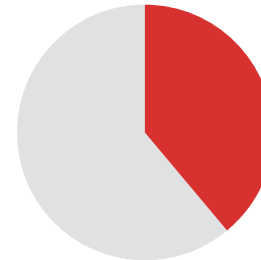
Less than half **44%** of consumers stay engaged in their wellness program throughout the year



**81%** of wellness programs do not include a price comparison tool



**62%** say wellness programs don't help them manage healthcare costs



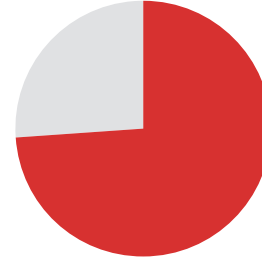
Just **38%** of people say their wellness program helps them manage their costs

★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

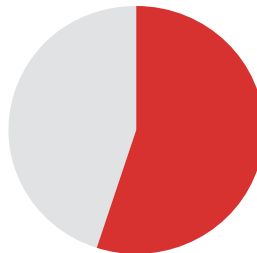
# Wellness Programs



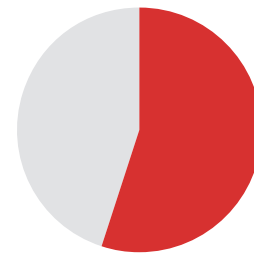
**55%** of wellness participants don't earn all their offered incentives



**70%** of consumers in wellness plans say wellness programs are falling short



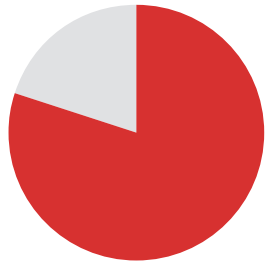
**55%** of wellness program members said incentives not meaningful



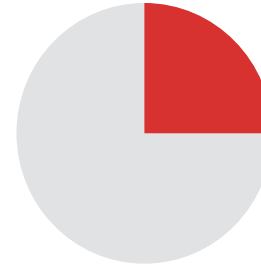
**55%** of people say wellness incentives are not meaningful to them, and little more than half actually earn all of their available incentives each year

★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

# Wellness Programs



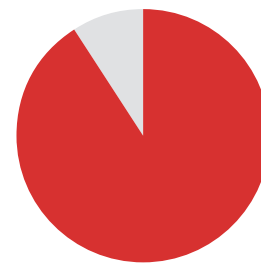
**80%** percent want incentives for wellness



**25%** say wellness program locations are inconvenient



**27%** say lack of time prevents their engagement in wellness programs



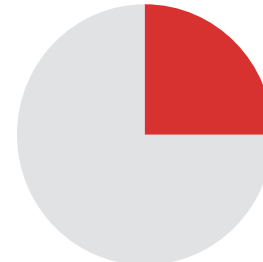
**91%** of wellness plan members who have access to disease management and/or medication adherence programs do participate in them

★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016

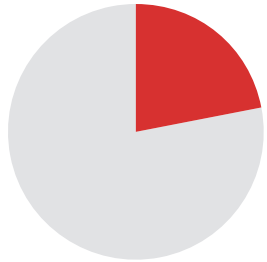
# Wellness Programs



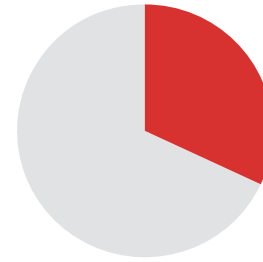
**20%** of wellness plans include prostate cancer screenings



**25%** of wellness plans include colon cancer screenings



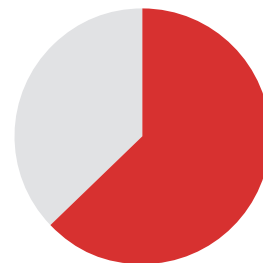
Only **22%** of program members say periodic cancer screenings are built into their wellness plan



**33%** of wellness plans include breast cancer screenings



**26%** of wellness plans include skin cancer screenings



**63%** of wellness programs don't include a smoking cessation program

★ Source: HealthMine, Inc. based on surveys of 7,200+ consumers 2015-2016