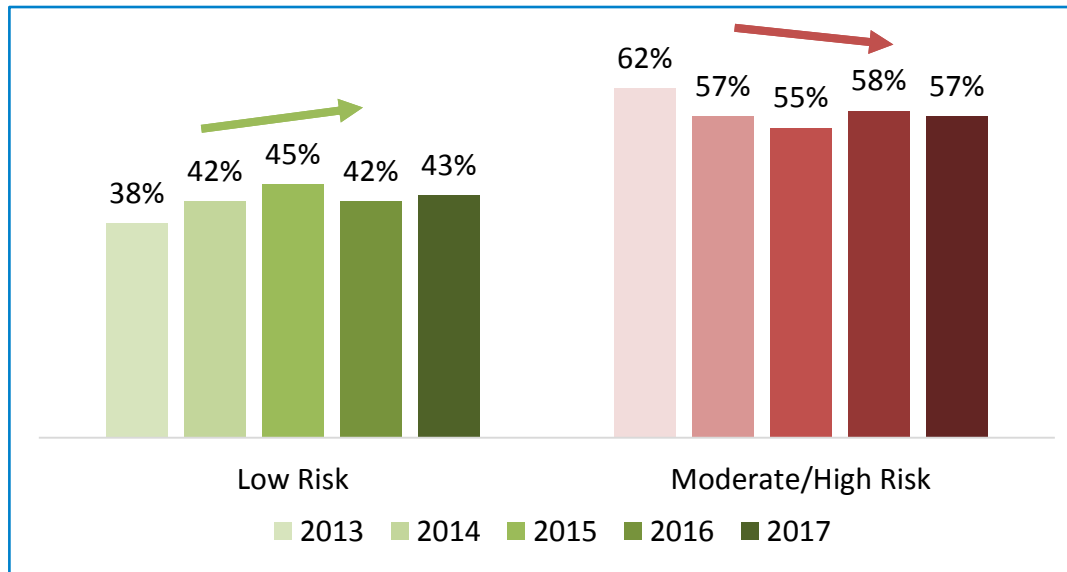


UVMHC Members Have Increased Healthy Behaviors, Lowered Risk Factors and Generated Cost Savings

- UVMHC has saved \$260,130 annually and over \$1.3 million cumulatively between 2013 and 2017 by increasing the number of low risk members based on the health assessment and claims analysis
- UVMHC saves \$1,794 annually for each member that moves from moderate/high to low risk
- Members in low risk category engage in the most healthy behaviors and have the fewest risk factors as compared to the moderate/high risk category
- Risk factors and healthy behaviors include body mass index, physical activity, healthy eating, sleep and stress and are calculated based on health assessment responses



Wellness Score Risk	2017 Average Annual Medical Cost
Low Risk	\$3,982
Moderate/High Risk	\$5,776

Heath Assessment Respondents & Wellness Risk Score		
	2013*	2017
Low Risk	1,103	1,248
Moderate/ High Risk	1,799	1,654
Total	2,902	2,902

*Member distribution if 2017 population performed at 2013 assessment levels