

An Environment of Wellness



SUN LIFE FAMILY HEALTH CENTER
Pinal County's Largest Family Practice

Sun Life is...



Pinal County's largest Family Practice

Six locations

- Casa Grande, Coolidge, Eloy, Maricopa, Oracle, San Manuel



Sun Life is...



Family Practice (all sites)

- 30% pediatric patients

Dental (CG)

Women's Wellness-Ob/Gyn (CG)

Pharmacy (CG & San Manuel)



Sun Life serves...

- 25,821 patients
- 76,606 patient visits
 - Medical, Dental, OB/Gyn
- 107,544 prescriptions filled



(2007 Utilization Data)



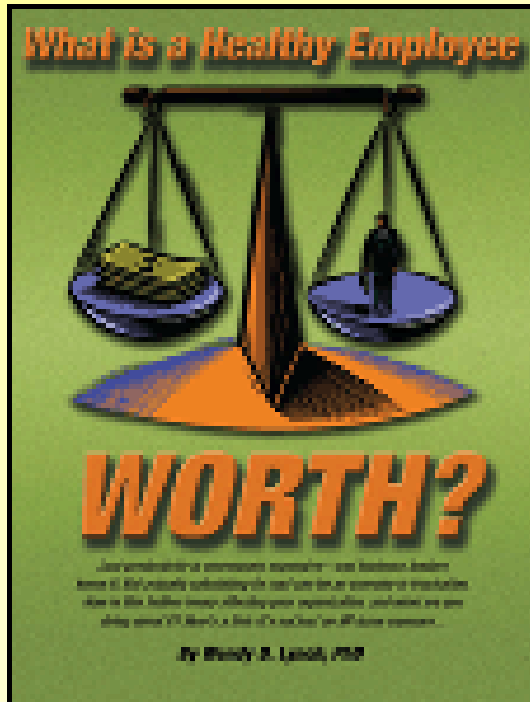
Prevention is the best Medicine

Unhealthy
individuals account
for a
disproportionate
share of medical
costs



Prevention is the best Medicine

U.S. Surgeon General Richard Carmona believes we should make preventive intercession is the cornerstone of our systems



Paying for (good)
health
results in lower costs
associated with
sickness



Picture of Health?

- Health Risk Factors per 100 employees
 - 38 are overweight
 - 30 have high cholesterol
 - 26 have high blood pressure
 - 25 have cardiovascular disease
 - 24 don't exercise
 - 21 smoke
 - 12 are asthmatic
 - 6 are diabetic
- Reported by the American Institute for Preventive Medicine report – Health & Economic Implications of Worksite Wellness Programs. (national averages) translate easily to most employee populations



Tools to Improve Health

- Employer sponsored programs
 - Insurance: Medical, Dental, Vision
 - Programs provide the employee population (and their families) access to care
 - Annual wellness exams
 - Immunizations / disease prevention
 - Cost savings to employee (and family)



Tools to Improve Health

- Employer sponsored Worksite Wellness
 - Onsite activities keep good health behaviors on the employee's "radar"
 - Employee Health & Wellness fairs
 - Medical Screenings
 - Health Risk Assessments
 - Weight Management programs
 - Smoking Cessation programs
 - Disease Management
 - General Health Education – web portals



What's in it for the Employee?



Peace of mind (of every 50 employees / 45% are more worried about paying for health care than inflation or paying their mortgage)

Access to care and services
Education and tools for good health
Healthy employee/healthy families
Reduced health risks / improved behaviors & lifestyle



What's in it for the Employer?

- Employee satisfaction
 - “they really do care about me and my health”
- Improved employee morale
- Healthy workforce enhances productivity
- Lowers costs



Recruitment Tool -
wellness program
can be an
appealing
differentiator in
employer
marketplaces



A Culture of Wellness



Value beyond costs

- Assisting with lifestyle and behavior changes improves and saves lives
- Wellness programs affect communities outside the employer's business



A Culture of Wellness



Value beyond costs

Creating a culture of wellness within business communities helps create a culture of wellness throughout our county

