



LITERATURE REVIEW

Robbie Burlas – May, 2007



61% of Employees See Connection between Lifestyle and Healthcare Costs

Source: Watson Wyatt, 5/24/07

WASHINGTON - Watson Wyatt surveyed 2,100 workers showing that rising health care costs are impacting them. Workers say they see the connections with better health and cost control, and many are willing to change to become healthier.

Survey findings

51% of respondents are highly concerned that they won't be able to pay for health care coverage when they retire.

35% are concerned that a major medical expense would ruin them financially.

Many workers are also worried about the impact of rising costs in the near term.

68% believe their deductibles and co-payments will increase in the next two years; more than half are worried that their employer will reduce their health benefits coverage.

Employees Seeing Connection Between Lifestyle and Healthcare Costs

61% of workers say they see a connection between maintaining a healthy lifestyle and controlling cost increases. Moreover, many employees are willing to make changes in their lifestyle to improve their current health status

31% are in the process of doing so, and

27% are considering making a change.

60% of employees have tried to take better care of themselves, with

37% getting an annual physical. In addition,

42% are choosing a lower-cost drug option when available.

About the survey

The Watson Wyatt survey, "Employee Perspectives on Health Care: Voice of the Consumer," was conducted in January 2007. A total of 2,099 randomly selected workers participated in the survey. All respondents were full-time U.S. employees of large, nongovernmental companies who participate in their employer-sponsored health plan. The survey's margin of error is plus or minus 2.1 percentage points for a 95% level of confidence.

"Chance Favors the Prepared Mind"

- Louis Pasteur