

Take Control of Your Health

If changes in healthcare are on your mind, you're not alone. The recently proposed healthcare bill will change the way the federal government funds purchases of Medicaid and individual health care plans. It could have a profound effect on health care costs to consumers. ¹

As many programs providing prevention (such as health or nutrition counseling) may be reduced or eliminated, it's a good idea to take advantage of your worksite or insurance wellness programs (if offered) and **get your biometrics screening done** so you can focus on areas of concern and get or stay healthy. Biometrics is a quick health assessment of key measurements like BMI, cholesterol, blood pressure, and blood sugar or A1C levels. Your current healthcare provider can do these tests. By getting a screening done, you'll be more aware of risk factors for disease and can take matters into your own hands to save your wallet, the quality of your health, and perhaps even your life.

Just as an example, **a 2013 study suggests that someone with type 2 diabetes will spend about \$85,500 in their lifetime** to treat the

disease and its complications. ² While diabetes is hereditary, lifestyle is definitely vital in prevention. **Did you know that losing just 5-10% of your weight (10-20 pounds if you weigh 200 pounds) can reduce your risk of diabetes? Small amounts of weight loss also have been found to reduce blood pressure, which reduces risk for heart attack and stroke.**

One in three deaths is related to heart disease. According to the American Heart Association, an employee with heart disease costs their employer (annually) about 60 hours of time and over \$1100 or more lost in productivity compared to healthy employees. ³ **You can reduce your risk for heart disease by losing weight, getting regular exercise and eating a heart- healthful diet that will lower your blood pressure and improve your blood cholesterol numbers.**

References:

1. <http://www.cnbc.com/2017/05/04/republican-obamacare-replacement-bill-wins-enough-votes-to-pass-house.html>
2. www.cfah.org/hbns/2013/high-lifetime-costs-for-type-2-diabetes
3. http://www.upi.com/Health_News/2017/02/14/Cost-of-heart-disease-in-US-to-surpass-1-trillion-by-2035-report-says/5891487126035/