



Southeastern Health: By the Numbers

Southeastern Health, in Lumberton, North Carolina, is a leader in combining chronic disease management and prevention with their employee wellness programs.

Amanda Roberts, the Employee Health & Wellness Coordinator at Southeastern Health, shared that Southeastern Health provides its own medical insurance and focuses on four chronic diseases: diabetes, high blood pressure, high cholesterol, and asthma. Southeastern Health excels in the benefits provided to its employees. Included in these benefits are:

- Annual glucose and lipid blood tests
- Fully covered preventive screenings (mammogram, colonoscopy, PSA exam) if done in the hospital
- Smoking cessation prescriptions and guidance to employees and their families

Outcomes

Wells Fargo and American Healthcare compile and process health data for Southeastern Health, allowing them to have a clear picture of their outcomes.

And the outcomes make a strong impact: these efforts by Southeastern Health led to impressive savings. Over four years, the organization’s medical costs decreased by \$3,618,965 – saving an average of \$1,178 per participant per year with a return on investment (ROI) of \$8.08:1.00. Over the same time period, health plan costs for employees with similar conditions who did not participate in the chronic disease program continued to increase.

Barriers

Southeastern Health did face some barriers in promoting employee participation, however. Employees initially felt these programs were mandatory instead of voluntary. Nonetheless, after discussing the program’s results and seeing their progress, Southeastern employees were excited about the program and became even more involved.

Looking Ahead

In the future, Southeastern Health aims to track the absenteeism and presenteeism of their employees. They also want to take a closer look at employee exercise routines in order to develop a better understanding of how employee health influences productivity and wellness.

Southeastern strives to be a leader in the wellness world. With the positive results they are already experiencing through their integrated chronic disease and employee wellness programs, they will continue to transform the lives of their employees.

- Health plan costs decreased **25.9%** for program participants.
 - Health plan costs increased **111.7%** for nonparticipants.
- Emergency Room visits and hospitalization decreased 19.4%.
- Diabetes program ROI: \$13.90:1
- High cholesterol program ROI: \$5.21:1
- High blood pressure program ROI: \$9.56:1

Over 4
years....

