

The findings below came from an analysis of data on 45,000 Motorola employees:

“Evidence of the program’s cost-effectiveness include: for every \$1 invested in wellness benefits, \$3.93 saved; a 2.4% increase in annual aggregate health care costs for participating employees compared with 18% increase for non-participants; \$6.5 million annual savings in medical expenses for lifestyle-related diagnoses (e.g. obesity, hypertension, stress) compared with non-participants.”

Excerpted from Prevention Makes Common “Cents”, U.S. Department of Health and Human Services, September 2003.