“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

The Value Proposition

Improve Well-Being

- Physical Health
- Emotional Health
- Social Health

. . . to generate economic value . . .

. . . and relative national and local competitive advantage from health investments
Partnering to measure the daily pulse of Americans . . .

- 25-year commitment initiated January 2, 2008
- Unprecedented partnership and historic effort to create the “official statistic” for measuring American’s well-being
- Design support and ongoing oversight from leading social economists, behavioral psychologists, and experts in sociometric survey design and analysis
- Largest and most comprehensive collection of well-being data, completing U.S. Sample of 1,000 surveys/day, 7 days/week
  - 480,000 completed as of today
- Corporate/organization-level version for in-depth census of populations
Six Domains of Well-Being

- Life Evaluation
- Work Environment
- Basic Access
- Healthy Behavior
- Emotional Health
- Physical Health

Well-Being Score & Trending Analysis

Rankings/Benchmarking
- State
- Congressional District
- County/Region
- City/MSA
- Industry
- Employer
- Individual

Demographics
Well-Being Over the Past Fifteen Months

Well-Being Index by Month, U.S.

- **2008**
- **2009**


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Well-Being at the Local Level

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n=355,334
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Well-Being Disparities

Variance from National Score (points)

Well-Being Index Composite Score (2008) = 65.7

-3.7  -1.6  +0.8  -3.5

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n= 355,334

Six domains:
1. Life Evaluation
2. Emotional Health
3. Physical Health
4. Healthy Behavior
5. Work Environment
6. Basic Access
Well-Being Disparities: Life Evaluation

Life Evaluation Score (2008) = 40.8

Variance from National Score (points)

-6.2 +0.1 +0.3 -2.0 -4.4

Asian Black Hispanic White Other

“Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time? In five years?”

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n= 355,334

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Life Evaluation Trend

Life Evaluation, U.S.

Thriving  Struggling  Suffering

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Life Evaluation and Impact on Medical Costs

“Please imagine a ladder with steps numbered from zero at the bottom to ten at the top.

The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.

On which step of the ladder would you say you personally feel you stand at this time?
In five years?”

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n=355,334, large health plan customer population survey and claims database

Thriving
Average 20% Lower Medical Costs

Struggling
Average 50% Higher Medical Cost
Well-Being Disparities: Emotional Health

Variance from National Score (points)

**Emotional Health Score (2008)**

- **Asian**: +1.5
- **Black**: -0.6
- **Hispanic**: -2.6
- **White**: +0.5
- **Other**: -2.5

Examples

**Emotional Health**

Composite of experiences; yesterday, from the morning until the end of the day

- Smiling or laughter
- Learning or doing something interesting
- Being treated with respect
- Enjoyment
- Happiness
- Worry
- Sadness
- Anger
- Stress
- Diagnosed Depression

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n= 355,334
Well-Being Disparities: Physical Health

Variance from National Score (points)

- Physical Health Score (2008) = 76.9
  - Asian: +7.9
  - Black: -1.3
  - Hispanic: +0.6
  - White: +0.1
  - Other: -3.0

Examples

Physical Health

History of disease and daily health experiences
- Sick days in the past month
- Disease Burden
- Health problems that get in the way of normal activities
- Obesity
- Feeling well-rested
- Daily energy
- Daily Colds
- Daily Flu
- Daily headaches

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n= 355,334

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Well-Being Disparities: Healthy Behavior

Variance from National Score (points)

Healthy Behavior Score (2008) = 63.7

Examples

Healthy Behavior

Life style habits with established relationships to health outcomes

- Do you smoke?
- Did you eat healthy yesterday?
- Fruits-vegetables
- Exercise

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n= 355,334

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Well-Being Disparities: Work Environment

Variance from National Score (points)

Work Environment Score (2008) = 51.4

-2.8  +2.5  +1.6  -11.4  -6.2

Asian  Black  Hispanic  White  Other

Examples

Job satisfaction and engagement

- Are you satisfied or dissatisfied with your job or the work you do?
- At work, do you get to use your strengths to do what you do best every day?
- Does your supervisor at work treat you more like he or she is your boss or your partner?
- Does your supervisor always create an environment that is trusting and open?

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n=355,334
Well-Being Disparities: Basic Access

Variance from National Score (points)

<table>
<thead>
<tr>
<th>Basic Access Score (2008) = 82.6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
</tr>
<tr>
<td>+2.2</td>
</tr>
</tbody>
</table>

Examples

Basic Access

Access to food, shelter, healthcare, and a safe and satisfying place to live

- Satisfaction with community and area as a place to live
- Clean water
- Medicine
- Safe place to exercise
- Affordable fruits and vegetables
- Feel safe walking alone at night
- Enough money for food
- Enough money for shelter
- Enough money for healthcare
- Visited a dentist recently
- Have a doctor
- Have health insurance

Source: Gallup-Healthways Well-Being Index Community Survey 2008, n=355,334
How To Make An Impact

Improve Well-Being

- Help Healthy People Stay Healthy
- Mitigate Health-Related Risk from Lifestyle Behaviors
- Optimize Care for those with Health Conditions
Well-Being Impact Model™

Medical Home
The help you need to address acute, persistent or chronic conditions

Health Home
The help you need to live and lead a healthy lifestyle

Work Home
The support you deserve to do your best work

Personal Home
You, your family and friends and the support you seek

Communities
Leadership, norms, culture, environment, policy, access, and law
Where We Stand

The World Health Report 2000

Health Systems: Improving Performance

#37
Where We Should Aim