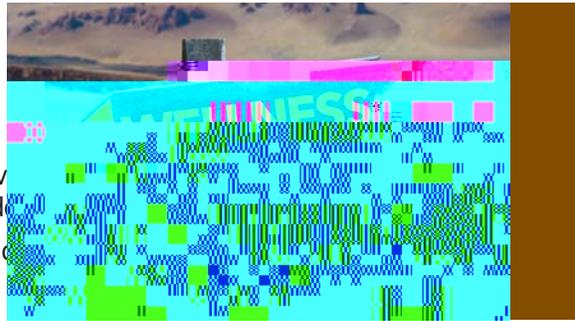
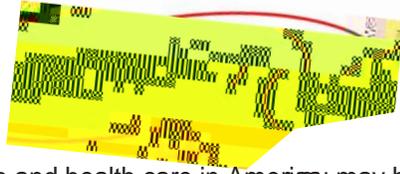


The Value of



When it comes to health and health care in America, you may be surprised to learn that rising health care costs are the leading driver of national debt ... primarily due to treating the chronic disease epidemic.

Among the most preventable conditions with the greatest impact on health care spending:

- >> Obesity is the No. 1 risk for multiple health problems.
- >> Smoking is the No. 1 cause of preventable disease.
- >> Stress is the No. 1 workplace health disability.

The leading chronic diseases are heart attack, stroke, cancer, diabetes, COPD, musculoskeletal disorders and mental illness. About 80% of these diseases can be prevented or delayed when we use available clinical care methods, foster health education and make individual health changes.



QuikQuiz™:

