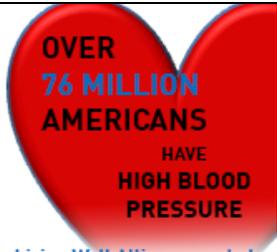
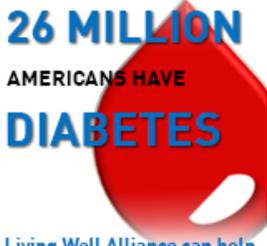


Living Well Alliance™ Wellness Fact Sheet

Diabetes and heart disease can be managed through lifestyle and treatment. This simple fact drives the Living Well Alliance to offer a FREE health screening and education program to benefit your Puget Sound business.

 <p>DIABETES & HEART DISEASE</p> <p>OFTEN GO UNDIAGNOSED COSTING BUSINESSES</p> <p>\$225 BILLION ANNUALLY</p> <p>Living Well Alliance can help.</p>	<p>Diabetes and Heart Disease have a staggering economic toll on American businesses.</p> <p>It is estimated that \$225 billion dollars is lost annually in this country due to lost worker productivity and healthcare costs.</p>
 <p>OVER 76 MILLION AMERICANS HAVE HIGH BLOOD PRESSURE</p> <p>Living Well Alliance can help.</p>	<p>Even though high blood pressure often has no symptoms, it can have deadly health consequences if not treated.</p> <p>According to the American Heart Association, 76.4 million US adults have been diagnosed with high blood pressure.</p>
<p>OVER 20% OF ADULTS WITH</p> <p>HIGH BLOOD PRESSURE</p>  <p>ARE UNAWARE OF THEIR CONDITION</p> <p>Living Well Alliance can help.</p>	<p>High blood pressure is sometimes referred to as the “silent killer.” Many people are unaware of this condition because there are often no warning signs. It is estimated that 1 in 5 individuals with high blood pressure are unaware of their condition. Early detection is the key to successful management of high blood pressure.</p> <p>Get Screened Today!</p>
<p>\$1600</p>  <p>PER EMPLOYEE PER YEAR LOST</p> <p>Living Well Alliance can help.</p>	<p>The annual economic burden that heart disease and diabetes holds on American companies can be further broken down to an estimated \$1600 per employee per year.</p> <p>How many employees do you have?</p>

 <p>26 MILLION AMERICANS HAVE DIABETES</p> <p>Living Well Alliance can help.</p>	<p>According to the American Diabetes Association, 25.8 million children and adults in the United States (8.3% of the population) have diabetes.</p> <p>Recent statistics show that over 200,000 deaths annually can be linked to complications from diabetes.</p>
 <p>7 MILLION AMERICANS WITH DIABETES ARE UNDIAGNOSED</p> <p>Living Well Alliance can help.</p>	<p>The American Diabetes Association estimates that nearly 7 million Americans are undiagnosed with this condition.</p> <p>Diabetes can have deadly consequences. Getting tested today can greatly improve the outcomes of this insidious disease.</p>
 <p>FOR EVERY \$1 SPENT ON WELLNESS</p> <p>EMPLOYERS SAVE \$3.27+ \$2.73</p> <p>IN MEDICAL COSTS & ABSENTEEISM</p> <p>Living Well Alliance can help.</p>	<p>How can you help?</p> <p>Studies have shown that companies that provide wellness programs to their employees can save up to \$6 for every \$1 spent.</p> <p>Let the Living Well Alliance be a part of your savings!</p>

For Information about our services please contact the
Living Well Alliance team: **1.855.550.8799**
or LivingWellAlliance@pacmed.org

