

has heard many similar life-saving stories from employees, who thank him constantly for opening the clinic. "With early detection, you don't have many of the big astronomical bills that you might have with diseases as they become more evident and prevalent."

Reducing Healthcare Pain

Lowering expenses associated with chronic disease and catastrophic care is one of the most common reasons for investing in employee wellness programs. The U.S. currently spends over 17% of GDP on healthcare—the highest percentage of any country in the world, according to the most recent World Bank figures. More than three-quarters of that is spent on chronic diseases, many of which could be prevented with diet and exercise.

Around half of all Americans live with at least one chronic disease and a quarter have two or more, per the Centers for Disease Control and Prevention. Plus, productivity losses associated with workers with chronic diseases—in the form of disability, unplanned absences, reduced workplace effectiveness, increased accidents and negative impacts on work quality and customer service—cost 400% more than the cost of treating chronic disease, according to a report cosponsored by the World Economic Forum and PwC.

"Metabolic syndrome is massive," says David Roddenberry, cofounder of [HealthyWage](#). "Between diabetes, heart disease and musculoskeletal disease for aging populations, health-care costs are crazy. So what can you do? You can either push the costs to employees, or you can empower employees to improve their health."

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