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Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions



Identifying risks through Metabolic Syndrome

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The Aetna way

We put the people we serve at the center of everything we do.



Metabolic syndrome overview

What is metabolic syndrome?

A grouping of five risk factors that may indicate an increased risk in heart disease, stroke and diabetes.

Risk factors
1. Elevated triglycerides
2. Increased blood pressure
3. Elevated blood sugar
4. Excess body fat around waist
5. Low HDL cholesterol levels

Metabolic syndrome population

34.3%
among all adults¹

36.1%
among men¹

32.4%
among women¹

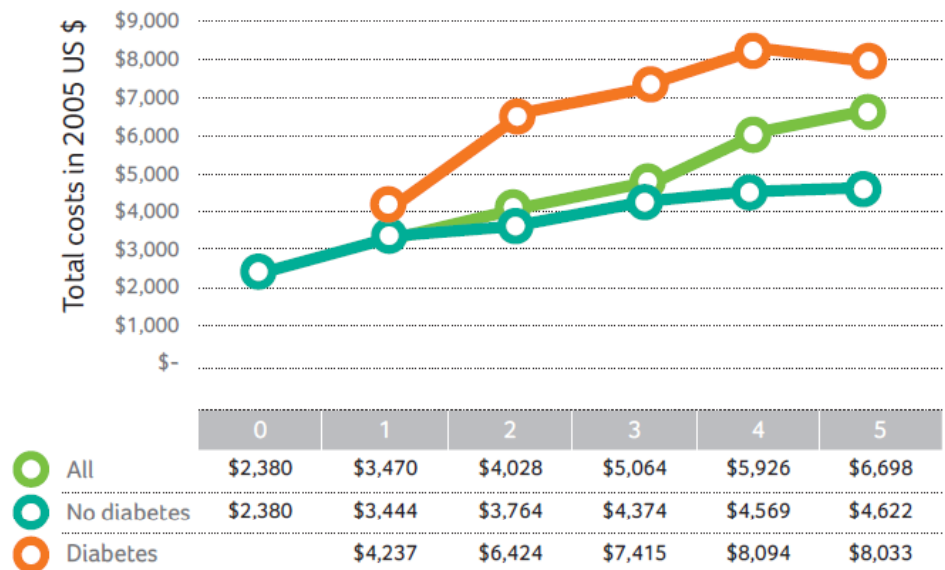
¹Ford ES, Li C and Zhao G. Prevalence and correlates of metabolic syndrome based on a harmonious definition among adults in the US. *J Diabetes*. 2010 Sep; 2(3): 180-193. doi: 10.1111/j.1753-0407.2010.00078.x.

Metabolic syndrome cost impact

Effects of metabolic syndrome on medical costs

1.6x	1/3	2x	5x
higher ² health care costs (on average) if a person has metabolic syndrome \$5,732 vs. \$3,5812	of US adults have metabolic syndrome ³	increased risk for heart attack or stroke for individuals with metabolic syndrome ⁴	increased risk for developing diabetes for individuals with metabolic syndrome ⁴

Total cost in 2005 US \$ vs. number of risk factors for metabolic syndrome



Health care costs go up **25%** with each added risk factor.²

²Boudreau DM et al. Health care utilization and costs by metabolic syndrome risk factors. *Metab Syndr Relat Disord.* 2009 Aug; 7(4): 305-314. Available at: www.ncbi.nlm.nih.gov/pubmed/19558267. Accessed July 10, 2013.

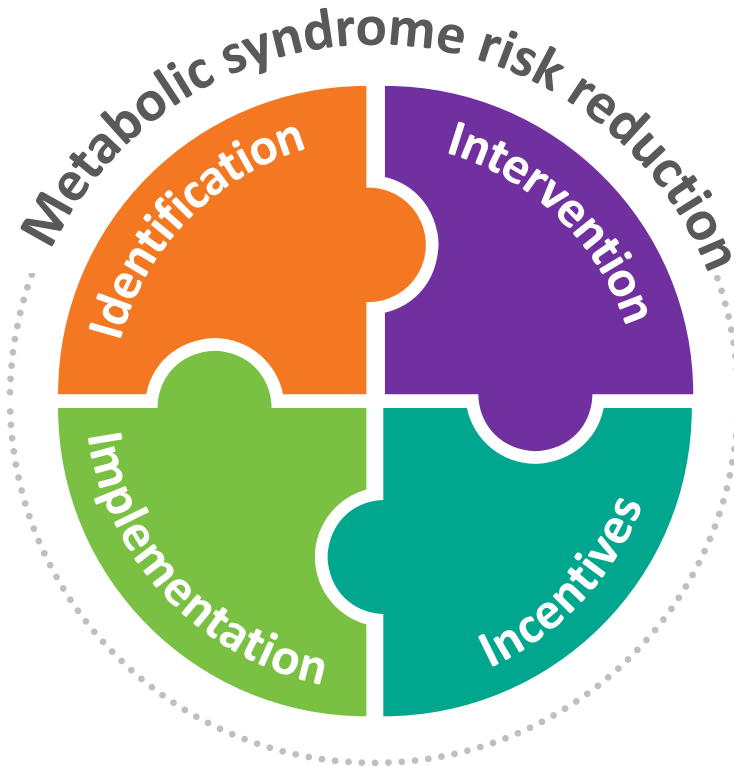
³American Heart Association. About metabolic syndrome. Available at: www.heart.org/HEARTORG/Conditions/More/MetabolicSyndrome/About-Metabolic-Syndrome_UCM_301920_Article.jsp. Accessed July 10, 2013.

⁴American Heart Association. Why metabolic syndrome matters. Available at: www.heart.org/HEARTORG/Conditions/More/MetabolicSyndrome/Why-Metabolic-Syndrome-Matters_UCM_301922_Article.jsp. Accessed July 10, 2013.

An array of solutions that adapts to employer and consumer needs

- Predictive Modeling Tool
- Biometric screening
- Health assessment (self-reported)
- Member risk criteria
- Metabolic Health Advisor

- Multi-year strategy
- Communications plan
- Strategy execution



Aetna Health Connections
Get Active! SM

Disease Management/
Aetna In Touch Care SM

- Healthy Lifestyle Coaching
- One-to-one coaching
 - Group coaching
 - Social network / peer support

Metabolic Health
in Small Bytes

Health Assessment

Participation

- Biometric screening
- Program participation

Outcomes-based

- Risk reduction
- Sustained improvements

Solution in action

**Results
can
happen**

**Results can be improved
within a year**

**Incentives can help drive
improvement**

**Medical trend is lower
for those who make
improvements**

**Cost avoidance is important
to consider**

Thank you

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