

PUT HEALING AT THE HEART OF METABOLIC HEALTH.



Explore how addressing the root causes of other conditions can benefit metabolic health.

Poor metabolic health is one of the most widespread and expensive health issues in the country. **Only 12% of adults in the U.S. are in optimal metabolic health, and 75% of health care dollars in the U.S. are spent on chronic metabolic-related diseases.**¹ This means a huge portion of the population, and your employees, are at risk of serious disease, which compromises the health and productivity of your workforce.

12%

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What is metabolic health?

Metabolic health refers to how well the body generates and processes energy. This includes functions like breathing, digesting, circulating blood and regulating hormones. Core day-to-day behaviors — like sleeping and eating — as well as genetic factors are at the heart of metabolic health.

Understanding the whole picture of metabolic health

Since metabolic health is determined by many factors, which are unique to each individual, there is no single treatment for every person. To form an effective treatment plan aimed at reversal, it's key to consider the entire context of a person's health journey.



↑ 24%

In general, health care costs for people in poor metabolic health are higher than for people in good metabolic health. For each of the five indicators (increased waist size, high cholesterol, high blood pressure, elevated blood triglycerides, and high blood sugar) a person experiences, **their health care costs increase by an additional 24%.⁹** That's why an approach aimed at reversing indicators, when possible, leads to better health outcomes and lower costs.

Help your employees achieve their best metabolic health.

Metabolic health is complex. An approach that's aimed at the root causes of conditions can more effectively meet individual needs, reverse conditions when possible and result in better outcomes for your employees and you. [Read our latest white paper](#) or reach out to your account representative to learn more about how to get to the heart of better metabolic health in your workforce.



¹ Virginia Gleason, "Stem the Tsunami of Suffering From Metabolic Disease — Limit Ultra-Processed Foods in Our Food Supply," Harvard Advanced Leadership Initiative Social Impact Review, February 20, 2024
² National Heart, Lung, and Blood Institute, "Metabolic Syndrome: Causes and Risk Factors," nhlbi.nih.gov, retrieved December 13, 2024
³ National Heart, Lung, and Blood Institute, "Metabolic Syndrome: Diagnosis," nhlbi.nih.gov, retrieved December 13, 2024
⁴ Ashley Bell, "Can Diabetes Be Reversed?," UCLA David Geffen School of Medicine, November 23, 2023
⁵ National Institutes of Health, "Research in Context: Obesity and Metabolic Health," October 17, 2023
⁶ CDC, "Manage Blood Sugar," cdc.gov, retrieved December 13, 2024
⁷ American Heart Association, "Prevention and Treatment of High Cholesterol," heart.org, retrieved December 13, 2024
⁸ Cleveland Clinic, "Liver Disease," my.clevelandclinic.org, retrieved December 13, 2024
⁹ DM Boudreau et. al, "Health care utilization and costs by metabolic syndrome risk factors," National Library of Medicine, August 2009