



Select Health of South Carolina: Improving Health and Reducing Costs through Employee Wellness

What's the prescription for good business and lower health costs? For Select Health of South Carolina, the answer is simple. Put employees first. Over the past four years, the statewide Medicaid health insurer has put that philosophy into action by establishing an award-winning employee wellness program that is improving lives and lowering the company's healthcare expenditures.

Select Health's wellness program is certified as a "Gold Level Award Winning Employer" by the Wellness Council of America. As part of the Select Wellness program, employees are offered weight loss and nutrition programs, on-site spa services, exercise classes and health fairs, reduced gym memberships and other activities that promote wellness, prevention and the early identification of health risks. Now in its fourth year, Select Wellness is demonstrating significant and quantifiable results.

Between 2007 and 2008, for example, Select Health saw a 12% decrease in total healthcare expenditures for the employee health coverage.

This number was adjusted for a 15% increase in employees on the health plan in 2008, which accounted for an overall 23.4% decrease in payments per member from 2007. There was roughly a 50% decrease in inpatient length of stay, while outpatient costs were reduced by 18.6%.

"We're pleased with these results," said Select Health President and CEO Michael Jernigan. "The success of the Select Wellness program shows that proactive efforts with employees can reduce the medical trend. Companies looking to reign in rising healthcare costs should seriously consider implementing a corporate wellness program."

"Proactive efforts with employees can reduce the medical trend"

-CEO Mike Jernigan

In 2010, Select Health plans to build on the success of the current program with a renewed focus on promoting healthy lifestyle behaviors amongst its employee population.

For more information on Select Health of South Carolina, visit www.selecthealthofsc.com.