

Reducing the Financial Impact of Metabolic Syndrome

The CDC reports that each metabolic risk factor causes US employers more than \$2 billion in absenteeism costs each year.¹ But that pales in comparison to healthcare costs related to metabolic syndrome.

47M

Adults in US with metabolic syndrome²

35%

Number of employees with metabolic syndrome in a typical workplace³

60%

Increase in employer costs for employees with metabolic syndrome⁴

RISK FACTORS FOR METABOLIC SYNDROME:

1. Out-of-Range waist circumference or BMI
2. Elevated blood glucose
3. Elevated blood pressure
4. Elevated triglycerides
5. Low HDL cholesterol



5x as likely to develop TYPE 2 DIABETES
2x as likely to develop HEART DISEASE
3x as likely to develop STROKE

Source: International Diabetes Foundation, Highlight Health, CMS.gov

HOW IT WORKS:

Hyper Personalized Engagement & Habit Change

Habit Change Makes an Impact

A hyper-personalized habit change platform creates an individualized experience.

Our approach combines social, behavioral, and optional genetic information to activate habit change that last a lifetime.



PEER-REVIEWED STUDY:

Aetna Success Story

Newtopia's habit change platform was offered to Aetna employees to reduce their risk of developing metabolic syndrome. After one year, Aetna achieved the following results.⁵

Randomized Control Trial Results:

50%

remained engaged for 12 months



4.3%

body weight loss by 76% or 10lbs*



*p-value <0.001

\$1,464

1st year reduction in medical costs per employee compared to control**



**p-value <0.02

2x

in-year ROI



About Newtopia's CDC-Accredited Program

Newtopia is a telehealth enabled habit change platform focused on disease prevention that delivers a 1:1 individualized approach for at-risk individuals by looking at social, behavioral, and genetic insights. Newtopia's approach is proven to deliver value on investment for risk bearing employers and insurers, and has received recognition as

an alternative diabetes prevention program by the CDC. Clients such as JPMC, Accenture, Levi Strauss, and CVS Health experience impressive outcomes and positive feedback from their employees on the program. Newtopia's mission is to inspire people to live healthier.

To learn more: newtopia.com

¹ www.cdc.gov/pcd/issues/2016/15_0503.htm ² www.medscape.org/viewarticle/484166_2 ³ jamanetwork.com/journals/jama/fullarticle/2293286
⁴ www.ajmc.com/journals/evidence-based-diabetes-management/2013/2013-1-vol19-sp2/the-controversial-question-of-metabolic-syndrome
⁵ journals.lww.com/joem/Fulltext/2015/12000/Reducing_Metabolic_Syndrome_Risk_Using_a.3.aspx