

# Want to hold on to a few extra dollars?

## Let go of a few extra pounds.

Carrying around extra pounds can hurt more than your health – obesity hurts your wallet too. Treating obesity and obesity-related conditions costs America billions of dollars a year, but there's a cost to individuals as well.

- Each year, you pay about \$180 each year for Medicare and Medicaid payments related to obesity care.\* For a family of four, that's about \$720.
- Per capita medical spending for obese individuals was an additional \$1,429 (42 percent higher) compared to individuals of normal weight.<sup>1</sup>

### Lost work

Days missed from work are a cost to both employees (in lost wages) and employers (in work not completed). Obese employees miss more days from work due to short-term absences, long-term disability and premature death than non-obese employees.<sup>2</sup>

### Higher Insurance Premiums

Employers pay higher life insurance premiums and pay out more for workers' compensation for employees who are obese than for employees who are not.<sup>3</sup>

### Lower Wages

Some studies have shown that obesity is associated with lower wages and lower household income.<sup>4</sup>

### A pound lost is a dollar earned.

There's only one way to lower these costs: lower obesity levels in the U.S. And the best way to do that is through prevention.

Want to keep more hard-earned dollars? Maintain a healthy weight and exercise regularly.

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