



# SUMMUS

## Summus Wellbeing Through Lifestyle Medicine

On-demand virtual consultations with high quality health experts



### The Challenge

#### *Preventing, Treating, and Reversing Chronic Diseases*

Chronic health conditions such as heart disease, hypertension, cancer, respiratory diseases, and type 2 diabetes are the leading cause of mortality around the world; accounting for 41 million deaths per year, or 71% of the global total.<sup>1</sup> Six in 10 U.S. adults have a chronic disease; 4 in 10 have two or more chronic diseases.<sup>2</sup> Each year, U.S. employers spend nearly \$900 billion on healthcare benefits (more than \$20,000 per family); illness-related lost productivity accounts for another \$500 billion annually.<sup>3</sup> Employers looking to offset these rising costs need to provide a robust, holistic wellbeing solution to employees that addresses a variety of health conditions, from preventive to ongoing and chronic.

People of all ages are vulnerable to the common risk factors that underlie most chronic conditions. These include poor nutrition, lack of physical activity, rising

obesity levels, tobacco use, excessive alcohol use, and elevated blood pressure, blood sugar, and cholesterol.<sup>4,5</sup>

The clinical and financial burdens chronic diseases place on health care systems, health plans, employers, and employees and their families is both alarming and unsustainable. **Fortunately, many chronic conditions are related to lifestyle choices and can be prevented, delayed, treated, and even reversed.**

### The Approach

#### *Lifestyle Medicine*

Lifestyle Medicine is an evidence-based approach to treating and reversing chronic diseases by replacing negative behaviors with positive ones. Delivered by clinicians trained and certified in the specialty, it addresses underlying causes—not just symptoms—by focusing on the lifestyle choices that give rise to these diseases. The American College of Lifestyle Medicine (ACLM)<sup>6</sup> has identified six pillars of Lifestyle Medicine.<sup>7</sup>

# The Six Pillars of Lifestyle Medicine



## The Solution

### Summus Wellbeing through Lifestyle Medicine

Summus Wellbeing through Lifestyle Medicine is a new, improved, and cost-effective way for employers to provide Lifestyle Medicine consultations and pathways for employees and their families. This on-demand, virtual specialty care solution connects individuals with Lifestyle Medicine trained and certified Summus MDs. Summus Wellbeing through Lifestyle Medicine solves the challenges of speed and efficient access to high quality care by reducing logistical barriers to best-in-class expertise for organizations that need to solve for worker shortages, productivity issues, and absences due to chronic physical and mental health issues.

### Why It's Different

- ▶ Fast, on-demand, virtual access to Summus MDs trained in Lifestyle Medicine
- ▶ Personalized pathways to wellbeing for your employees and their families: one-time consultation or full curriculum (six-week plan)
- ▶ Summus MD review of participant's baseline medical records and vital signs
- ▶ Focused on educating individuals on ways to maintain a healthy lifestyle and make positive behavioral choices about food, sleep, exercise, stress, and social interactions
- ▶ Multichannel engagement strategies: organization webinar series, monthly wellness tips, individual employee curriculum and coaching to sustain wellbeing

## Solution benefits

### EMPLOYEES

- ▶ Personalized Lifestyle Medicine consultations and pathways
- ▶ Enhanced physical, mental, and social wellbeing
- ▶ Prevention, treatment, and reversal of chronic disease
- ▶ Improved weight, blood pressure, and cholesterol levels
- ▶ Increased energy, ability to focus, and productivity
- ▶ Strengthened personal relationships and social connectedness

### EMPLOYERS

- ▶ Single, cost-effective solution for employee wellbeing
- ▶ Flexible programming for greater utilization and impact
- ▶ Improved employee health; reduced absenteeism
- ▶ Increased workplace productivity
- ▶ Holistic solution across all conditions regardless of geography
- ▶ Benefits plan addition to aid employee recruitment and retention

### ABOUT SUMMUS GLOBAL

Summus Global, the leading virtual specialist platform, empowers families by providing access to a network of 4,000+ top specialists across 50 leading hospitals — within days, from anywhere in the world. Pioneering the future of corporate health benefits, Summus Global partners with companies across the country to create an elevated healthcare experience for their employees and to support better, cost-efficient outcomes across all health questions and stages of care.

For more information, email [info@summusglobal.com](mailto:info@summusglobal.com) or visit [www.summusglobal.com](http://www.summusglobal.com).

#### Endnotes

<sup>1</sup> [Noncommunicable diseases \(who.int\)](https://www.who.int/news-room/fact-sheets/detail/non-communicable-diseases).

<sup>2</sup> [Chronic Diseases in America | CDC](https://www.cdc.gov/nchs/data/hestia/chronic-diseases-in-america-2019.pdf).

<sup>3</sup> Making the Case for Lifestyle Medicine in the Workplace, American College of Lifestyle Medicine (ACLM), [Case for Lifestyle Medicine](https://www.aclm.org/case-for-lifestyle-medicine), 2022.

<sup>4</sup> [Noncommunicable diseases \(who.int\)](https://www.who.int/news-room/fact-sheets/detail/non-communicable-diseases).

<sup>5</sup> The Economist Intelligence Unit, "World Industry Outlook: Healthcare and pharmaceuticals," October 2020.

<sup>6</sup> [ACLM Home \(lifestylemedicine.org\)](https://www.aclm.org)

<sup>7</sup> Ibid.