



Teamsters Local 436

Valleyview, Ohio

Health at Home[®] Research Study

Evaluation Time Period – 12 Months
Active Employees
N = 91

COST EFFECTIVENESS RESULTS:

- 37% of employees avoided 1 or more doctor visits. This amounted to a reduction of 47 doctor visits and produced a savings of \$2,585 (based on an average visit cost of \$55.)
- 15% of active employees avoided 1 or more E.R. visits. This amounted to a reduction of 23 E.R. visits and produced a savings of \$8,280 (based on an average visit cost of \$360.)
- 13% of active employees avoided an absence from work totaling 14 days.
- Total savings was \$10,865 or \$119.40 per employee.
- The ROI was 20:1.

OTHER RESULTS:

- 67% used Health at Home[®] one or more times within the first 6 months.
- 75% plan to use Health at Home[®] in the next 6 months.
- 68% think Health at Home[®] improves the quality of care they give themselves at home.
- 59% stated Health at Home[®] helped them decide when to see a doctor.
- 53% stated Health at Home[®] was used by other family members.
- 85% think Health at Home[®] is a source of good health care advice.
- 79% cited Health at Home[®] as being a valuable employee benefit.
- 90% found Health at Home[®] to be easy to understand.

Evaluation Time Period – 12 Months
Retirees
N = 47

COST EFFECTIVENESS RESULTS:

- 23% of retirees avoided 1 or more doctor visits. This amounted to a reduction of 15 doctor visits and produced a savings of \$825 (based on an average visit cost of \$55.)
- 12% of retirees avoided 1 or more E.R. visits. This amounted to a reduction of 8 E.R. visits and produced a savings of \$2,880 (based on an average visit cost of \$360.)
- Total savings was \$3,705 or \$78.83 per retiree.
- The ROI was 13:1.

OTHER RESULTS:

- 47% used Health at Home[®] one or more times within the first 6 months.
- 56% plan to use Health at Home[®] in the next 6 months.
- 56% think Health at Home[®] improves the quality of care they give themselves at home.
- 48% stated Health at Home[®] helped them decide when to see a doctor.
- 38% stated Health at Home[®] was used by other family members.
- 80% think Health at Home[®] is a source of good health care advice.
- 73% cited Health at Home[®] as being a valuable employee benefit.
- 76% found Health at Home[®] to be easy to understand.



General Comments

- "We refer to the book many times. It is easy to understand. My daughter and husband used it also."
- "Very comprehensive; easy to understand; well structured; excellent."
- Dr. Michael K. – Neurology Center – "Liked book very much."
- "Health at Home® Lifetime is a great source of info if it is ever needed for a doctor or hospital visit. And it is really appreciated."
- "Good book."
- "Not sick in last six months."
- "We use the Health at Home® Lifetime for many minor questions as well as major problems. It is very helpful."
- "Hard to bring up subjects on computer."
- "Showed to my daughter who is an RN, MSN and to two other nurses. They were very impressed and wanted to know where they could purchase a copy."
- "It's a very informative book."
- "Shared Health at Home® Lifetime with other family members. I have used Personal Health Journal to centralize all medical information from other LGH doctors and specialists."
- "Received Health at Home® Lifetime on April 10th, 2006. Question number one not relevant. Have read most of the book. Good info if put to use. Have had no emergencies. All doctor visits have been by appointment. I don't believe most older patients will read book. But they or family members should."
- "Very good information, but will people use it!"
- "Good reference."
- "I basically used it as a means to keep my health records in one place for easy referral."
- "Good."
- "Reading it will help do you or anyone good as long as you do what it says to do."
- I think every person that comes into the VA clinic should be given a copy. It has answered some questions I had!
- This is the best book I have seen to tell you and help you to keep good health. It saves you money and time.
- I could use 5 more copies for veteran friends.
- Best health book I have ever read. A very good reference.
- A very good guide to self help and should be in all households. Thank you.
- It is a nice book. It is a handy book to have around when you need it.
- Lots of good information.
- Nice and easy to use.
- I have read the book. Some areas were very good and provided good advice. It reinforced some of the solutions that I already knew and it opened some new ones. The book has a lot of generalities and some specifics.
- I refer to it a lot. "He keeps the book right by his chair," wife states.
- It is a great book.
- Some of the words were too big. Would like more pictures.
- My husband was stung two times this summer. The information in the book was able to tend to him immediately. Received a lot of information to enable us to take care of things ourselves. And we enjoyed going through the book and looked at it a lot.
- This is a good compilation and written in layman's language. Should include fibromyalgia in next edition.