



Medical Prescription

Patient's Name: _____

S/o | D/o | W/o: _____

Date of Birth: _____ Date: _____

Health Insurance No.: _____ Age: _____ Sex: _____ Occupation: _____

Health Card No.: _____ Health Care Provider: _____

Patient's Address: _____ Patient ID No.: _____

Cell No.: _____

Diagnosed With: _____

Disabilities if any:	Weight:
Init (Tablet / Syrup)	Dosage (Per Day)

The ERChealth Approach to Prevention and Better Health

To put it simply, the U.S. is sick, and it keeps getting sicker.

More than half of American adults have two or more chronic conditions. Heart disease, stroke, cancer, and diabetes are some of the leading causes of death and disability in this country.

They are also the biggest drivers behind the nation's \$5.3 trillion in annual healthcare expenditures. Yet these conditions are largely preventable.

"The reality is that many chronic diseases are caused by controllable risk factors," said Tony Barisono, ERChealth Vice President.

"Smoking, poor nutrition, and physical inactivity can significantly increase the likelihood of someone developing one or more chronic conditions."

Poor lifestyle choices, such as consuming too many processed foods or not engaging in regular exercise, can lead to obesity.

THE CASE FOR PREVENTION

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- Tony Barisono, ERChealth Vice President



This complex chronic disease affects two out of every five adults in the U.S. and increases the likelihood of developing other serious and costly diseases, such as hypertension, high cholesterol, Type 2 diabetes, and certain types of cancer.

Obesity and comorbidities associated with obesity can have significant financial implications. GLP-1 medications, frequently used to treat weight loss and Type 2 diabetes, are among the most expensive prescription drugs on the market. These drugs make up 5% of total claims costs, a percentage that continues to rise.

So, what can be done to address this growing concern?

"Simple lifestyle modifications can have a major impact on an individual's overall health and decrease their risk for developing chronic diseases," said Shawn Heitner, ERCHealth Program Manager.

"Employers need an insurance program that emphasizes prevention and education to drive better health outcomes and lower healthcare costs."

It is this philosophy that guides ERCHealth's forward-thinking approach to health insurance.

This member-centered program is rooted in the idea that rewarding positive wellness behaviors can improve health outcomes and mitigate costs.

"Being proactive means making healthcare affordable, accessible, and convenient," Barisono said. "ERCHealth is committed to making it easier for members to care for their health now and in the future."

That commitment to employee health and well-being is why ERC continues to endorse ERCHealth as a dynamic offering for Ohio employers.

"ERCHealth is more than just a benefits program," said Kelly Keefe, President and CEO of ERC.

"By educating members on how to manage and reduce their health risks, ERCHealth helps employers positively impact their employees' health and well-being while controlling healthcare spending."

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A Person-Centered Approach

ERCHealth recognizes that developing healthy habits starts at the individual level.

That's why the ERCHealth team makes it a priority to help members understand how their everyday behaviors can shape their long-term health.

ERCHealth's newsletters, webinars, and wellness education programs focus on creating awareness around topics such as:

-  **Heart-healthy nutrition**
-  **Food label literacy**
-  **Cancer and cardiovascular health risk assessments**
-  **Mental health resources**
-  **Habits for healthier living**

Members also have access to the Wellness E-Library, a user-friendly digital library of medically vetted articles, guides, and other content designed to support positive behavior change.





An Emphasis on Preventive Care

Preventive care is another hallmark of the ERCHealth program.

Take pancreatic cancer, for example. The five-year relative survival rate for pancreatic cancer is about 44% in localized cancers compared to roughly 3% in distant stages, according to the [National Cancer Institute](#).

"When issues are caught early, they often have a higher likelihood of responding to treatment," Heitner said. "Encouraging members to engage proactively with their health can make a big difference and reduce the likelihood of them needing costly emergency room care down the line."

The stage at which cancer is diagnosed and treated can drastically affect the cost of care. The mean cost savings for a stage one lung cancer diagnosis compared to a stage four diagnosis is \$262,508 per case, according to the [American Cancer Society](#).

ERCHealth inspires members to take a proactive approach through the Annual Preventive Care Campaign. The program is designed to reward members who care for their health.

Annual wellness screenings pay a \$100 gift card per plan year, and cancer screenings pay \$50 per plan year for one of the following:

- Mammogram
- Colonoscopy screening
- Prostate screening
- Skin cancer screening

ERCHealth also understands the value of primary care, which is tied to better health outcomes and lower costs.

"A strong relationship with a primary care provider is critical to a member's health outcomes," Barisono said.

"Without that connection between a patient and their provider, patients are less likely to see their primary care physician when they get sick and instead go to the emergency department or an urgent care center."

That's why members have access to the ERCHealth PCP+ network through Marathon Health.

Members can easily sign up for the program online, which provides access to concierge-style primary care clinics that offer longer appointment times and 24/7 access for urgent needs.

"Our PCP+ network allows patients to spend more time with their doctors, diving deeper into their health concerns," Heitner said.

"Members have zero-dollar copays for most primary care services and better access to care."



ERChealth Action Plans provide members with a guided path of activities that employees and spouses can easily integrate into their lives.

Turning Insight into Action

Creating sustainable behavior changes across member populations takes more than education.

ERChealth believes in turning awareness into action and increased engagement.

ERChealth's new Action Plans provide members with a step-by-step framework for achieving wellness goals that support prevention and risk reduction.

ERChealth Action Plans:

-  **Achieve a healthy weight**
-  **Eat healthy**
-  **Get active**
-  **Increase energy**
-  **Reduce stress**
-  **Sleep well**

"Educating members on the importance of healthy habits is crucial, but it needs to be followed up with practical guidance. These on-demand action plans are designed for everyday use, giving members the tools they need to make meaningful changes to their lives." - **Shawn Heitner, ERChealth Program Manager**



The ERChealth difference

✚ **Affordable, high-quality coverage** with consistently competitive rates, helping employers manage healthcare costs without compromising care.

✚ **More than \$200 million in savings** delivered to participating employers and employees over the past 25 years.

✚ **90% annual employer retention rate**, reflecting the program's long-term value, stability, and member satisfaction.

ERChealth isn't your standard insurance program. This strategic approach to health and well-being starts at the member level.

ERChealth educates members on the importance of prioritizing their health and reward them for doing so.

The program provides affordable, quality health insurance with uncommonly low rates. Over the last 25 years, ERChealth has saved employers and their members more than \$200 million, and the program retains 90% of employers every year.

"As healthcare costs rise, it's important for employers to have an innovative solution committed to employee awareness and education. ERChealth helps Ohio employers enhance their workforce's health and protect their bottom line."

- Kelly Keefe, ERC President & CEO

Visit our website or contact ERChealth Program Manager Shawn Heitner at 330-294-0261 to learn more.

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