

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.¹

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.²

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.³

Lower Wages

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

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.

Log in at [anthem.com/ca](https://www.anthem.com/ca) for tools, resources and health programs to help you get the most from your health care dollars.

- SpecialOffers: discounts on products and services to help you manage your weight
- Health Assessment
- Estimate Your Cost
- And more



¹ Cawley J, Meyerhoefer C. The medical care costs of obesity: an instrumental variables approach. *J Health Econ.* 2012; 31:219-30.

² Colditz GA. Economic costs of obesity. *Am J Clin Nutr.* 1992; 55:503S-507S.

³ Finkelstein EA, Trogon JG, Cohen JW, Dietz W. Annual medical spending attributable to obesity: payer- and service-specific estimates. *Health Aff (Millwood).* 2009; 28:w822-31.

⁴ Colditz GW, Wang, YC. Economic costs of obesity. In: Hu F, *Obesity Epidemiology.* New York: Oxford University Press, Inc., 2008.