

Exercise Lowers Healthcare Costs



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A study* released in May 2007 demonstrated that test subjects who began a new, regular program of exercise saw a decrease in claim costs after just two years in the program. The subjects, who received a financial incentive to exercise regularly, saw an average claim cost decrease of more than 33 percent on a per member, per month basis during the period.

The study involved 3,249 exercisers who were offered a \$20 monthly credit from their health plan provider toward the payment of their monthly fitness facility dues if they exercised at least eight days per month at the facility. To ensure comparability with regard to health care expenditures before and after participating in the program, a control group of equivalent size, demographics, health status, and health care consumption habits was also established. Health care costs examined included facility claims, physician claims and RX claims, which were summed to derive total expenditures.

According to the study's results, participants who exercised at least eight days per month after enrolling in the program achieved an overall 33.6 percent per member per month average claim cost decrease as compared with the comparison test group in their second year of program participation. These participants also realized the following claims cost decreases relative to the control group:

- * A 64.3% decrease in facility claims.
- * A 13.0% decrease in physician claims.
- * A 9.2% decrease in RX claims.

The study also revealed dramatic differences in visits to inpatient, emergency room and outpatient health care service providers among the same comparison groups. Non-program participant control group members realized an average of:

- * 63.6% more visits to inpatient facilities.
- * 105.0% more visits to emergency room facilities.
- * 43.3% more visits to outpatient facilities.

*Study released by Medica and Life Time Fitness (NYSE:LTM) on participants in Medica's Fit ChoicesSM program.

"Curves International, Inc. is a corporate member of the International Health, Racquet & Sportsclub Association, a not-for-profit trade association representing over 7,000 health and fitness facilities in 74 countries."

