

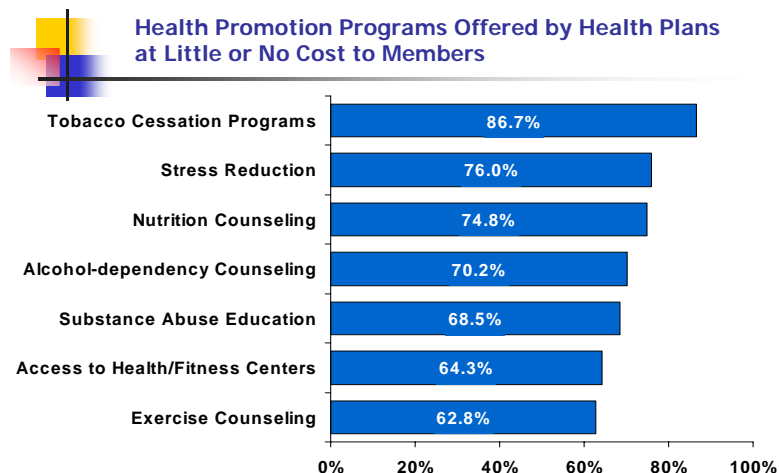
Highlights of 2001 AHIP Annual Industry Survey

Health Promotion and Wellness

The three leading causes of premature death in the United States are tobacco use, poor diet/activity patterns, and alcohol use. Each of these risk factors is linked to personal behaviors that may either contribute to disease development or exacerbate existing health problems. Fortunately, these risk factors can be controlled by modifying health habits and behaviors to reduce the risk of disease and injury.

Tobacco Use

All health plans encourage providers to counsel smokers about tobacco cessation, 81% recommend the use of tobacco cessation devices (e.g., patches and Zyban), 42.7% cover Zyban, 38.2% cover nicotine replacement therapy (e.g., gum and patches), and 76.9% encourage providers to offer referrals to tobacco cessation treatment programs.



Diet/Lifestyle Patterns

Health plans offer a variety of health promotion programs aimed at improving diet and increasing physical activity. 74.8% of plans offer nutrition counseling and 64.3% offer free or discounted access to health/fitness centers. Stress reduction programs are covered by 76% of health plans.

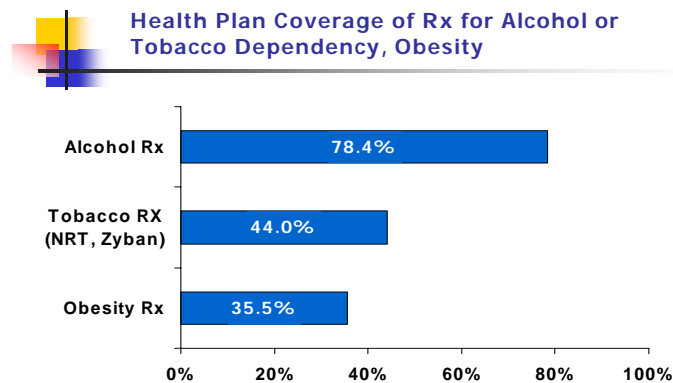
Fast Facts

- Nearly all health plans (97%) offer one or more health promotion or wellness programs.
- 81% of health plans recommend the use of tobacco cessation devices, 43% cover Zyban, and 38% cover nicotine replacement therapy (e.g., gum and patches).
- 87% of health plans offer smoking cessation programs at little or no cost to members.
- 76% of health plans offer stress reduction programs at little or no cost to members.
- 63% of health plans offer exercise counseling at little or no cost to members.
- 69% of health plans encourage providers to offer weight reduction assistance and treatment to patients who are overweight.
- 79% of health plans cover prescription drugs used to treat alcohol dependency (e.g., Ativan, Naloxone).

Alcohol

Programs related to prevention of alcohol dependency are offered by 70% of health plans. 68.8% of plans allow members to self-refer into substance abuse programs, and medications to treat alcohol dependency (e.g., Ativan, Naloxone) are covered by 79.4% of plans (see chart, next page).

management guidelines for diabetes include patient education and information on self-management (95.6%), nutrition counseling (94.1%), and eye and foot care (94.1%). Case management for diabetes is provided by 86.9% of health plans.



The AHIP Annual Industry Survey

For more than a decade the America's Health Insurance Plans (AHIP) has conducted an annual survey of the managed care industry, reporting on the dynamic trends of America's community of network-based health plans. Policymakers and industry leaders use the results of the survey to monitor and improve services provided to health plan members.

As in past years, the 2001 AHIP Annual Industry Survey provides a wealth of information regarding health plan activities, policies and trends in the commercial, Medicaid, and Medicare markets.

The 2001 AHIP Annual Industry Survey was conducted through an innovative partnership between AHIP and the Robert Wood Johnson Foundation (RWJF), the nation's largest philanthropy devoted to improving the health and health care of all Americans.

AHIP and RWJF Survey Collaboration

The 2001 AHIP Annual Industry Survey was a collaborative effort between the Robert Wood Johnson Foundation (RWJF) and the America's Health Insurance Plans (AHIP).

RWJF was established as a national philanthropy in 1972 and today it is the largest U.S. foundation devoted to improving the health and health care of all Americans.

AHIP is the nation's principal association of health plans, representing more than 1,300 plans that provide coverage for approximately 200 million Americans nationwide. Member plans include health maintenance organizations (HMOs), preferred provider organizations (PPOs), and other similar health plans and utilization review organizations (UROs).

For additional information about the AHIP Annual Survey, contact Teresa Chovan, Director, Policy Research, at 202-778-8503.

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In 2001, an industry sample was drawn to participate in the survey, with 66% of the health plans completing the survey instrument. These plans represent a profile of the industry itself and provide information on 64.3 million individuals -- approximately 68% of total U.S. managed care enrollment.

References

America's Health Insurance Plans, *2001 AHIP Annual Industry Survey*, 2002.

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