

# WHY PASSING THE PHIT ACT MAKES SENSE

## PHIT WILL:



**SAVE MONEY**



**MAKE THE COUNTRY STRONGER**



**SUPPORT HARD-WORKING AMERICANS IN THEIR EFFORTS TO EXERCISE AND LIVE HEALTHIER LIFESTYLES**

**FOR MORE INFORMATION VISIT: [IHRSA.ORG/PHIT](http://IHRSA.ORG/PHIT)**

**PHIT recognizes the growing shift in healthcare cost-sharing and decision-making toward the patient-consumer.**

As consumers carry more of the healthcare-cost burden, they're becoming more discriminating in how their healthcare dollars are spent.

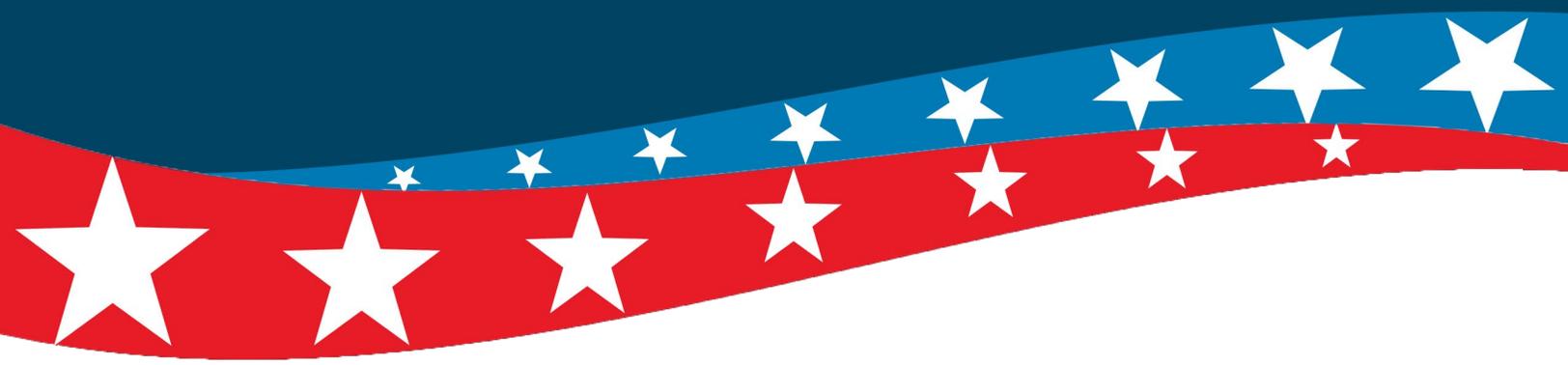
Consumers want more options for their Health Savings Accounts (HSAs) and Flexible Spending Accounts (FSAs) dollars. As a key component of primary prevention, exercise should be included under the HSA and FSA umbrellas.

**PHIT is listening to millennials, our nation's largest living generation and the biggest percentage of our workforce.**

The nation's 75.4 million millennials want their healthcare to include wellness and alternative approaches, of which, exercise is a key component.

**PHIT not only benefits hard-working Americans, but America's businesses as well.**

Removing barriers to physical activity pays dividends for employers as regular exercise is directly linked to increased productivity, lower presenteeism and absenteeism, and higher employee engagement.



## **PHIT is aligned with the pro-primary prevention approach toward healthcare.**

Chronic diseases are projected to cost the U.S. an average of \$2 trillion in medical costs and an extra \$794 billion annually in lost employee productivity from 2016 to 2030. (Partnership to Fight Chronic Disease)

At least 80% of all heart disease, stroke and type 2 diabetes, along with more than 40% of cancers could be prevented by eliminating four lifestyle behaviors that fuel chronic diseases: physical inactivity, unhealthy diet, tobacco use, and too much alcohol.

\$116 billion a year would be saved by increasing physical activity, reducing smoking and obesity, and improving treatment rates.

## **PHIT is responsive to the current administration's increased focus on personal responsibility, HSAs and tax credits.**

While there continues to be uncertainty around healthcare reform, HSA's and FSAs are here to stay and their use will likely increase.

PHIT provides Congress common ground for giving hard-working Americans a way to make being physically active an easier financial choice.