

CASE STUDY

Population Health Management through IoT saves \$15M

Challenge

A self-insured bank was looking for a way to better manage its population's health in order to lower health-care costs, reduce claims, and improve quality of life. In the US, every year over 525,000 people have their first heart attack, with an average cost over \$8,000. Simply taking 10,000 steps per day can reduce that risk by over 90%. 10,000 steps can reduce the risk of a stroke by 70% at a savings of \$15,000 per person and the occurrence of Type 2 diabetes by 50% at a savings of \$8,000 per person.

Result

In less than three weeks the bank was able to benchmark data - determining 26% of the population was sedentary and most employees were averaging only 6.85 hours of sleep per night. With this data and a real-time ongoing data stream the bank has been able to begin contests and gamification that monitor desired behavior outcomes and make significant improvements in the well-being of employees. The increased awareness and health of employees has resulted in a savings of \$15 million.

Solution

The bank implemented a Big Data and IoT solution that collects data streams from wearable devices which then pull the dynamic activity, fitness and sleep tracking information into a dashboard. By capturing and analyzing this data the bank was able to benchmark its population's health information then improve the health of employees and reduce healthcare costs by encouraging employees to take 10,000 steps each day.

KEY RESULTS

- ✓ 17% improvement in hours slept each night
- ✓ 11% improvement in the amount of activity
- ✓ \$15M impact on the business in a co-developed use case



AMITECH

About Us

As a leading healthcare analytics and strategy consulting firm, we guide our clients by focusing on the most innovative approaches to data analysis in healthcare to discover insights for healthcare systems and insurers. We believe in change. We believe in data. We can help you use data to change and ultimately lower costs, improve quality of care and achieve better business outcomes. Amitech is based in St. Louis and has more than two decades of experience as well as industry-leading talent in the business analytics, information management, strategy consulting, population health, clinical analytics, care management, digital health and big data fields.



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