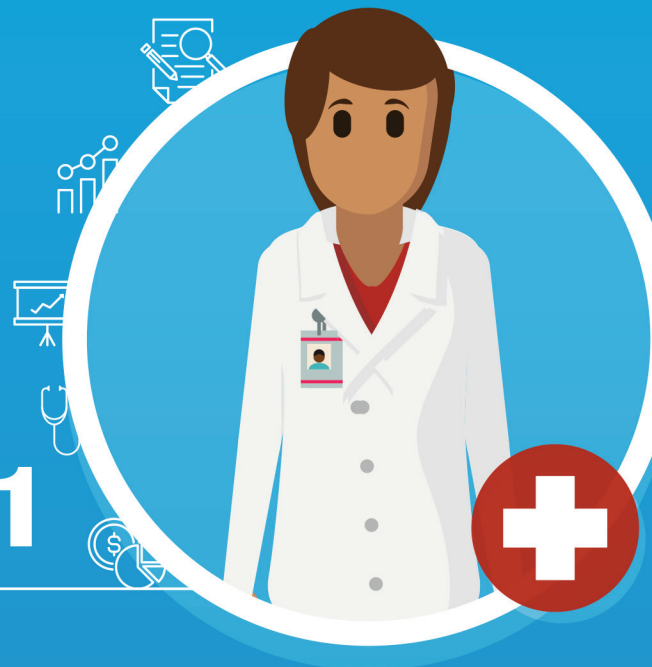


HEALTH CARE CLAIMS MAY SURGE IN 2021



The COVID-19 pandemic has taken a drastic toll on individuals' health routines. Many people have postponed preventive care during the pandemic, waiting for a safer time to visit a doctor. That time may be coming soon, so employers should be ready for health claims to surge in 2021.

This potential surge is evidenced by several key statistics related to Americans' health during the COVID-19 pandemic:

61% of adults reported unwanted weight changes in the last year.





47%

reported declining overall
mental health.

75%
reported
wanting more
emotional
support during
this period.



67%

reported undesired changes in
sleep patterns.



23% reported drinking more
alcohol to deal with stress.

All these issues add up and may contribute to more Americans flooding
doctors' offices now that it's becoming safer to do so.

In fact, experts predict a

2% RISE IN MEDICAL CLAIMS

on top of the standard 2021 estimations.



Employers should reach out for guidance on controlling this potential influx in
medical claims.

*Sources: The Harris Poll, American Psychological Association, AON
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