

Ballin' on a Budget

Kathryn Scoblick

Director of Employer Health
and Wellness

Certified Health and Wellness
Coach

Patrick Mercer

Assistant Vice President—
Wellness Director

Frost Insurance Agency

St David's HEALTHCARE

 **Frost
Insurance**



AMERICAN PSYCHOLOGICAL ASSOCIATION

STRESS IN AMERICA

StDavid's HEALTHCARE



+ new mail

Inbox 807

Sent Items

Drafts

Favorites

Deleted Items

Junk Email 210

Barbara Gordon
Urgent: Report due today

Carol McLean
Is it Friday yet?

Ronald Parmley
Meeting moved to EDW...

George Vaughn
Can you review ASAP?

Rakesh Rao
Can you get back...

Matthew Cho
Deadline moved to today!

Claire McKinney
Pick up milk on your way home!

Francis Underwood
Meeting with the Board

Search



Barbara Gordon
Urgent: Report due today

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StDavid's HEALTHCARE

STATE OF THE AMERICAN WORKPLACE

32.9%

33%

51%

20-29%

91%



STATE OF THE UNION

Out of 100...

- 9 have Diabetes
- 3 have Pre-Diabetes
- 35 are Overweight
- 28 are Obese
- 52 are regular Alcohol Drinkers
- 10 are Depressed
- 8 have been told – Cancer
- 11 have been told – Heart Disease
- 24 have been told – Hypertension
- 3 have had a Stroke



HEALTH CARE COSTS



**\$87.1 billion
to
\$192.2 billion
to
\$401.7 billion**

**1 in 5
1 in 3
1 in 6**

What does **WELLNESS** Mean?



StDavid's HEALTHCARE

**Purpose
Social
Financial
Community
Physical**



Does your CULTURE support wellbeing?

StDavid's HEALTHCARE