



# Summus Wellbeing Through Lifestyle Medicine

## Personalized virtual journey with high quality health experts

### Chronic Disease

Chronic health conditions such as heart disease, hypertension, cancer, respiratory diseases, and type 2 diabetes are the leading cause of mortality around the world, accounting for 41 million deaths per year, or 71% of the global total.<sup>1</sup> Six in 10 U.S. adults have a chronic disease; 4 in 10 have two or more chronic diseases.<sup>2</sup> Each year, U.S. employers spend nearly \$900 billion on healthcare benefits; illness-related lost productivity accounts for another \$500 billion annually.<sup>3</sup> Employers looking to offset these rising costs need to provide a comprehensive, holistic wellbeing solution to employees.

The clinical and financial burdens chronic diseases place on health care systems, health

plans, employers, and employees and their families is alarming and unsustainable.

Fortunately, many chronic conditions are related to lifestyle choices and can be prevented, delayed, treated, and even reversed.

### Lifestyle Medicine

Lifestyle Medicine is an evidence-based approach to treating and reversing chronic diseases by replacing negative behaviors with positive ones. Delivered by clinicians trained and certified in the specialty, it addresses underlying causes, and symptoms, by focusing on the lifestyle choices that give rise to these diseases. The American College of Lifestyle Medicine (ACLM) has identified six pillars of Lifestyle Medicine.<sup>4</sup>

## The Six Pillars of Lifestyle Medicine



Nutrition



Sleep



Exercise



Stress  
Management



Risky Behavior  
Reduction



Social  
Connection

## Summus Wellbeing

Summus Wellbeing through Lifestyle Medicine is a cost-effective way for employers to provide Lifestyle Medicine consultations and pathways for employees and their families. This personalized, virtual specialty care solution connects individuals with Lifestyle Medicine trained and certified Summus MDs. Summus solves the challenges of efficient access to high quality care by reducing barriers to best-in-class expertise.

### Solution benefits

- ▶ Fast, virtual access to Summus MDs trained in Lifestyle Medicine, across all conditions regardless of geography
- ▶ Focused on educating individuals on ways to maintain a healthy lifestyle and make positive choices
- ▶ Prevention, treatment, and reversal of chronic disease
- ▶ Single, cost-effective solution for employee wellbeing
- ▶ Benefits plan addition to aid employee recruitment and retention



*Dr. Harrison reviewed my current daily routine and made suggestions for the type of eating plan I should work towards. She did not make me feel overwhelmed and with a few adjustments, I quickly experienced a difference in my energy levels and overall health. The consultations have been very informative and are motivating me to stay on track!*

### Endnotes

- <sup>1</sup> [Noncommunicable diseases \(who.int\).](https://www.who.int/news-room/fact-sheets/detail/non-communicable-diseases)
- <sup>2</sup> [Chronic Diseases in America | CDC.](https://www.cdc.gov/chronicdisease/about/index.htm)
- <sup>3</sup> [Making the Case for Lifestyle Medicine in the Workplace, American College of Lifestyle Medicine \(ACLM\), Case for Lifestyle Medicine, 2022.](https://www.summus.com/resources/making-the-case-for-lifestyle-medicine-in-the-workplace)
- <sup>4</sup> [ACLM Home \(lifestylemedicine.org\)](https://www.summus.com/resources/aclm-home)