We are healthier

400+
faculty & staff worked with MyHealthCoach: Trestle Tree

48% lost an average of 11 lbs through exercise and nutrition... or the weight of a pair of two-week old tiger cubs!

High blood pressure > 90%
reduced their blood pressure over 10%

High cholesterol > 100%
improved their numbers over 30%

Diabetes > 60%
up over 10%

Smokers > 90%
who worked with a coach have been smoke free for over 12 months!

NEW RESOURCES FOR 2017

To help you make smart decisions, you’ll have access to:

My Health Advocate
A personal healthcare expert to help you and your family get answers you need. It’s easy!

My Transparency Tool: Castlight
A mobile and online system that helps you select providers based on quality, cost, and location — all at once.

We are making better decisions

550+
faculty, staff, and family members contacted Best Doctors for guidance, with great results

YOU’RE MAKING healthy choices AND IT SHOWS!

Your focus on getting healthier resulted in a lower healthcare cost increase, and Princeton is sharing the savings with you. Your contributions will increase only 2% this year.

The national trend on healthcare costs continues to increase 8%-9% each year, driven greatly by the cost of new treatments and drugs. Now, Princeton’s overall trend is much lower. To continue this progress, it requires ongoing effort from all of us to improve our health and related decisions. Keep this good trend going!

The estimated Princeton and employee cost for employee – $2,800

Estimated Princeton cost per employee – $10,400

We are making smarter decisions

84%
of you had a cholesterol check

51%
TREATMENT CHANGE

21%
DIAGNOSIS CHANGE

Most common reasons to call:
• Questioning need for surgery
• Help selecting treatment
• Symptoms not improving

We are sharing healthcare costs

SHARING HEALTHCARE COSTS

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>$60M</td>
</tr>
<tr>
<td>2014</td>
<td>$70M</td>
</tr>
<tr>
<td>2016</td>
<td>$77M</td>
</tr>
</tbody>
</table>

Let’s be smarter...

FLIP TO LEARN ABOUT HELPFUL RESOURCES

92% Mammography
40% Colon screening
37% Annual physical
HAVE FUN AND RELEASE STRESS
Discover the healthcare-related items in the drawing above and color away!

We are learning
Let’s keep improving our health! Use these resources to help you along the way...

**My Health Coach**
Work with a personal health coach to maintain or improve your health. Many of your colleagues have reduced their BMI, cholesterol, and sugar levels working with a coach. Almost all who tried to quit smoking succeeded!

**My Transparency Tool: Castlight**
Be an informed healthcare consumer! Compare providers with this new mobile and online system.

**My Medical Expert: Best Doctors**
Understand your diagnosis and treatment options before you decide on a care provider and treatment plan.

**My Health Advocate**
Take advantage of having a personal healthcare expert at your fingertips for all your questions.

**Carebridge**
Manage your stress! If you need confidential assistance for work, personal or family issues, Carebridge is a great resource.

**NEW**
Let’s keep improving our health! Use these resources to help you along the way...