



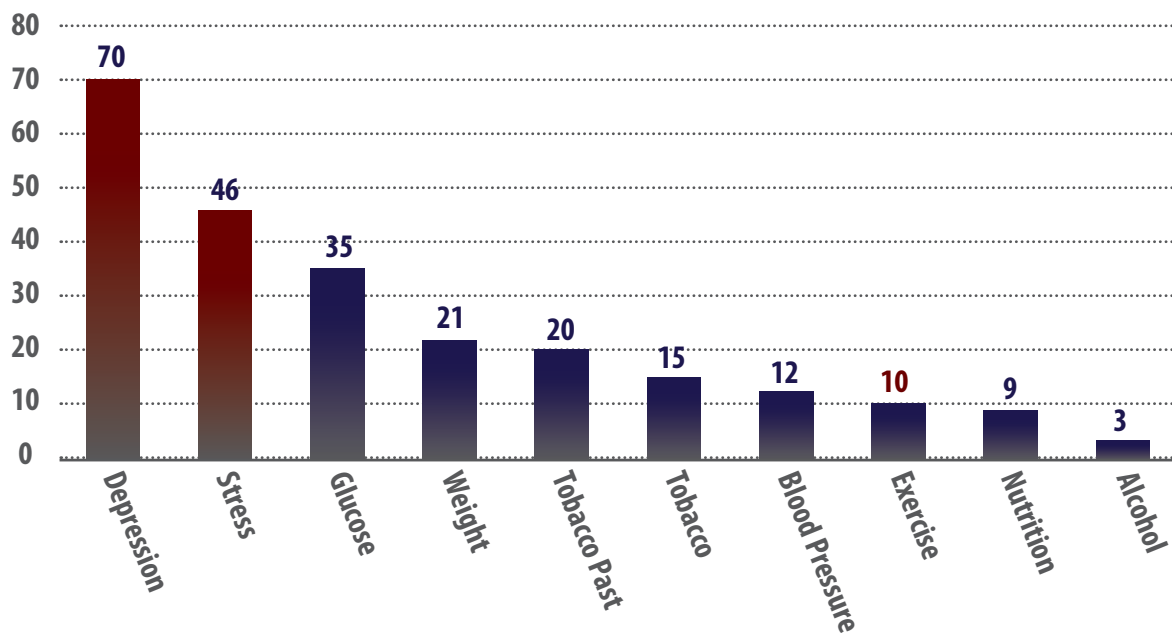
# HERO STUDY

The Health Enhancement Research Organization (HERO) conducted a three year survey of more than 46,000 employees (at six major employers) and published the findings in 'The Journal of Occupational and Environment Medicine,' October 1998. (Visit [www.the-hero.org](http://www.the-hero.org) to review survey.)

The survey consisted of screening for 10 modifiable health risk factors. The results are as follows:

- ▷ **18.5% of employees were highly stressed.** (Medical claims averaged 43.6% higher than those without high stress.)
- ▷ **2.2% of employees were depressed.** (Medical claims averaged 70.2% higher than those without depression.)
- ▷ **Combined, 20.7% of the 46,000 employees were highly stressed or depressed.** (Medical claims averaged 48.84% higher than remaining 80% of combined group.)

## TOP 10 MODIFIABLE HEALTH RISK FACTORS



### HERO STUDY SPONSORS



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