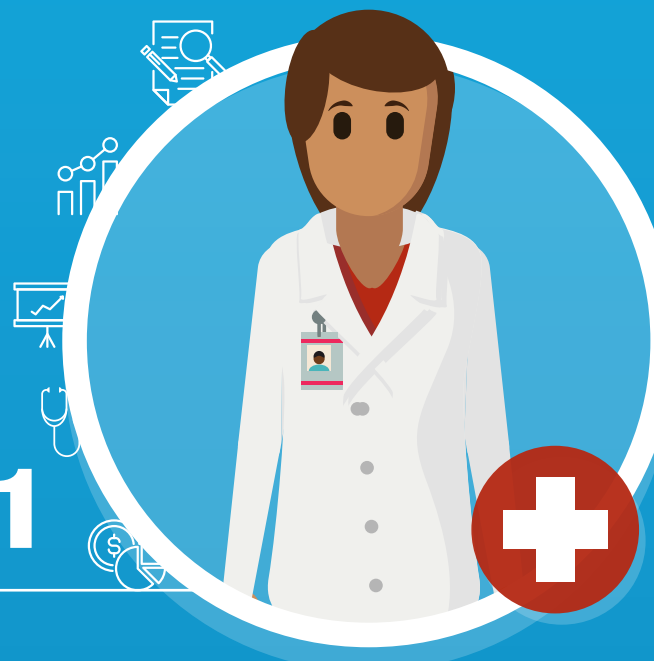


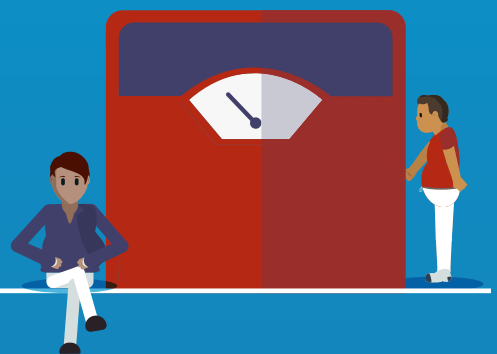
HEALTH CARE CLAIMS MAY SURGE IN 2021



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.