Middle-aged Americans with high well-being are less likely to be admitted to the hospital than younger Americans with medium to low well-being.

People in each age group with the highest well-being had significantly lower risk of a hospital event.

HOSPITAL EVENT BY INDIVIDUAL WELL-BEING SCORE SEGMENT AND AGE GROUP

A modest improvement in a person’s well-being may be associated with a significant reduction in hospital admissions.

Using a person’s well-being data can better predict future health care utilization and guide intervention strategies in order to manage risk in a population.

Visit healthways.com to learn more about our Well-Being Improvement Solution.