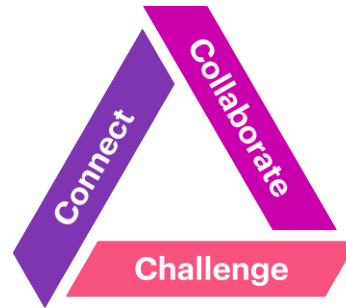




# The Health and Wellbeing Forum: Delving into Cost Management, RX Trends, Mental Health and Leave Policies

Friday, February 16  
9:00 a.m. – 10:15 a.m.



# US Healthcare Benefits

## Key Trends & Innovation

- 1 Healthcare costs and inflation
- 2 Leave of absence
- 3 Artificial Intelligence and data
- 4 Digital health & technology
- 5 Health care delivery
- 6 Navigation and advocacy



# Discovery

## Emerging trends across clinical strategies



### Cancer



- #1 clinical condition spend across employers
- Employer strategies include:
  - Carve-out expert medical opinions (EMOs)
  - Expansion of centers of excellence (COEs)
  - Liquid biopsy

### Mental health



- #1 priority for employers after managing cost
- Employer strategies include:
  - Employee assistance program (EAP) evolution
  - Substance use disorder COEs
  - Addressing loneliness and psychological safety

### Cardiometabolic



- Expansion of strategies including diabetes, obesity and cardiac
- GLP-1s are the largest pain point in all clinical considerations right now
- Employers are evaluating coverage and point solutions

### Family solutions



- Addressing maternity within holistic family solutions lens, including family building, support and reproductive care
- Women's health expansion
- Expanding and maintaining equitable benefits

### Autoimmune



- More Humira biosimilars to be launched (impact TBD)
- Increased utilization of alternative brands to Humira and Enbrel including Skyrizi
- Additional biosimilar launches expected in 2024 for Simponi and Cimzia and 2025 for Stelara
- Emerging vendor market working with employers (i.e. Parsley, AndHealth, Mymee, etc)

### Musculoskeletal



- Often a #1 clinical spend
- #2 highest spend across the industry
- Employer strategies include: Centers of excellence, digital physical therapy and connection to mental health