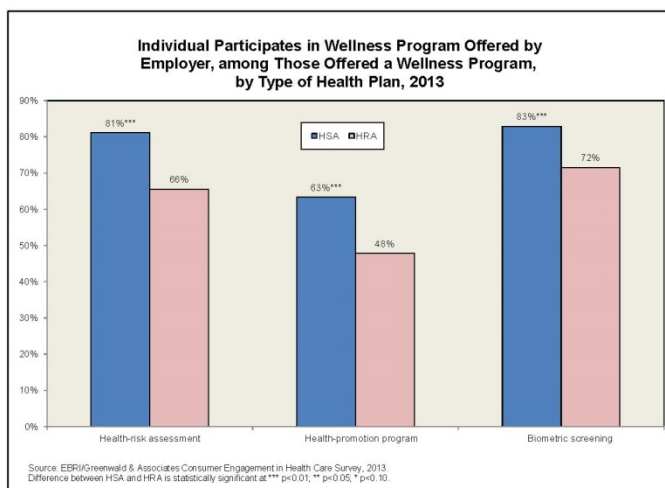


CDHPs and Wellness Utilization

Employers and insurers offer a number of different types of wellness benefits—programs designed to promote health and to prevent disease—but how do participants in consumer-driven health plans (CDHPs) use these programs?



The 2013 Consumer Engagement in Health Care Survey (CEHCS) examined availability and participation in three types of wellness programs: a health-risk assessment, a health-promotion program that included a number of different types of benefits, and a biometric screening.

The survey found that individuals with a health savings account (HSA) were more likely than individuals with a health reimbursement arrangement (HRA) to report that they had participated in a health-risk assessment, health-promotion program, or biometric screening program when it was available.

Four-fifths (81 percent) of individuals with an HSA participated in a health-risk assessment, compared with 66 percent of individuals with an HRA, and nearly two-thirds (63 percent) of individuals with an HSA participated in a health-promotion program, compared with 48 percent of individuals with an HRA.

Over four-fifths (83 percent) of individuals with an HSA participated in biometric screening, compared with 72 percent of individuals with an HRA.

The complete EBRI report, “Consumer Engagement Among HSA and HRA Enrollees: Findings from the 2013 EBRI/Greenwald & Associates Consumer Engagement in Health Care Survey” is published in the June 2014 *EBRI Notes*, available [online here](#).

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