



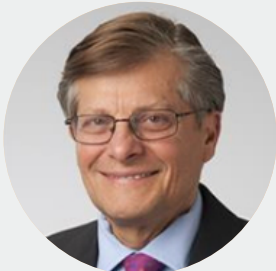
# How to Use Workplace Wellness to Manage Health Risks Related to COVID-19

5.19.2020



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## Meet the Speakers:



**Dr. Michael Roizen**  
Cleveland Clinic



**Nicole Grasso**  
Bravo Wellness

On our recent webinar, we spoke with Dr. Michael Roizen, Chief Wellness Officer Emeritus at Cleveland Clinic about what we do and don't know about COVID-19 and what that means for employers who are reopening now and must be prepared for the fall flu season. Here's a brief summary of what was covered. For more details, be sure to [watch the recording](#).

### What We Don't Know About COVID-19:

1. Regional Differences. We don't fully understand why some cities were hit harder than others, even though they took the same precautions.
2. Antibody testing, Immunity and Recurrences. Although we can test for antibodies, we don't yet understand if those antibodies can provide protection (immunity) against getting infected.  
—> [8 More Sailors Aboard US Ship Test Positive a Second Time](#)
3. Assurance of Vaccine Development. Many vaccines are in development at this point, but without knowing antibodies can provide immunity, it's unclear if whether vaccines will be able to provide immunity.

### What We Do Know About COVID-19:

1. Antigen Nucleic Acid Testing + Ohio Data. We have reliable tests to measure current infection with SARS-CoV-2 through a process of nucleic acid amplification test for viral RNA<sup>1</sup>.
2. Factors Influencing Death from COVID-19: Age, Long Term Care Facilities and Comorbidities



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## Factors Influencing Death from COVID-19:

### Age:

Key Insight: 78% of deaths from COVID-19 are over the age of 70 in Ohio. Only 2% of deaths occurred under the age of 50<sup>2</sup>.

Age group	Deaths from COVID-19 (thru 5.13.2020)	% of Deaths	Population (2018)	Deaths per thousand
0-29	4	0	4,468,409	0.0002
29-49	32	2	2,862,112	0.007
50-59	81	5	1,573,753	0.03
60-64	83	6	790,146	0.06
65-69	131	9	655,007	0.13
70-79	385	26	8845,187	0.29
80+	767	52	495,000	0.95
Totals	1483	100%	11,689,442	0.127
Seasonal Flu	1169		11,689,442	0.1

### Long-term care facilities:

Key Insight: 45% of the deaths from COVID-19 in Ohio were attributed to a long-term care facility<sup>3</sup>.

Population	Deaths from COVID-19 (thru 5.13.2020)	% of Deaths
Outside long-term care facility	809	55
Inside long-term care facility	674	45
Totals	1483	100%

### Comorbidities:

Key Insight: Stress management and modest weight loss are essentials for lowering risk of chronic disease and potentially the COVID-19 virus, and are also likely to produce additional health improvements in blood pressure, blood cholesterol and blood sugars.

Of the cases in New York, nearly all COVID-19 hospitalizations had comorbidities – the most common comorbidities among patients were hypertension, obesity and diabetes<sup>4</sup>.

**Hypertension: 56.6%**

**Obesity (BMI ≥ 30): 41.7%**

**Diabetes: 33.8%**



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**Sign up for the rest of the “Back To Work With COVID-19” Webinar series for relevant, up-to-date information.**

**SIGN UP NOW**

## Employer Strategies to Reduce Risk:

1. Analyze wellness data to understand risk profile across locations and job classes.
2. Create a plan to execute responsible protocols based on state and CDC guidelines to offer protection against COVID-19 for employees and customers.  
—> [COVID-19 Information and Checklist for Ohio Businesses/Employers](#)
3. Leverage our [best practices checklist](#) for employees to help them manage their individual risk.
4. Provide support to employees for managing their physical and emotional health to improve quality of life and decrease chronic disease and COVID-19 risk.

To find out how you can create a wellness program that helps reduce chronic disease risk, or more information about evidence-based coaching and stress management programs through the Cleveland Clinic, contact your Bravo Account Executive or Sales Representative.

1. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

2. <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/dashboards/key-metrics/mortality>

3. <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/dashboards/key-metrics/mortality>

4. <https://jamanetwork.com/journals/jama/fullarticle/2765184>