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ArlenGroup Hosts Population Health Management Seminar Featuring Renowned Corporate Health Expert Dr. Ken Pelletier

San Francisco, California – May 22, 2006 – On May 24, 2006, ArlenGroup will host a seminar on population health management (PHM) in which Dr. Ken Pelletier, Chairman of the American Health Association and Professor of Medicine at both the University of California, San Francisco and University of Arizona will discuss how medium-sized employers can take the offensive in reducing healthcare costs. Dr. Pelletier will share insights learned during over 20 years as a leader in the discipline of worksite health improvement.

With medical insurance premiums still increasing at 8-14% per year, employers of all sizes are increasingly open to looking at ways of managing the cost increases in a manner other than shifting costs to employees through benefit reductions and increased contributions. Well structured PHM programs have proven to reduce healthcare expenses while also lowering absenteeism and improving employee productivity. In control-group studies by The RAND Corporation and MEDSTAT, health improvement programs have been shown to generate measurable improvement in health risk, decrease medical claims and provide an ROI of 3 to 6 times the money invested.

“If employers want control of future healthcare costs and want to maximize employee productivity, it is imperative that they begin to develop a long-term strategy for improving employee health,” said Roger Arlen, Founder and CEO of ArlenGroup. “We know that health status drives health costs and that lifestyle determines at least half of our health status, so that tells us what we need to do to change the health care inflationary trend line,” said Arlen. “The good news is that we now have the tools and experience to deploy cost-effective solutions proven to reduce health risks and health costs. This is not something that is just for the Fortune 500 anymore.”

The seminar will be held May 24 at the Argent Hotel in San Francisco from 8:30 to 10:30am. To register to attend, please go www.arlengroup.com/seminars.

About ArlenGroup

ArlenGroup is a full-service employee benefit firm that provides integrated solutions to help employers maximize the investment they make in their human capital. ArlenGroup delivers five core services—consulting, insurance brokerage, employee communications, population health management and full benefit administration outsourcing—providing employers with a single, in-depth resource for strategic and administrative benefit management. For more information, visit www.arlengroup.com or call 925-945-3036.

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