To avoid COVID-19 exposure, many employees spent more time at home and stopped seeing their health care provider regularly, leading to an increase in:

- Substance use
- Mental health issues
- Poorly managed chronic conditions

Now the number of people with 3+ chronic conditions is set to nearly triple by 2030. That could increase what chronic conditions already cost employers each year:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>$10.3 billion</td>
</tr>
<tr>
<td>Stroke</td>
<td>$6,492 per person</td>
</tr>
<tr>
<td>Obesity</td>
<td>$11.2 billion</td>
</tr>
</tbody>
</table>

Why Employers Should Prioritize Cardiovascular Care After COVID-19

Employers can promote health and maximize productivity by:

- Selecting health benefits that cover chronic disease medications and preventive treatments
- Encouraging a healthy lifestyle in the workplace
- Offering flexibility for employees to attend doctor’s appointments

The workforce looks different after COVID. Employers can promote health and maximize productivity by:

- Preventing cardiovascular disease post-COVID helps employees stay healthy and reduces employers’ costs.