

## **Expanded Version**

Growing Employers activism in Managing Their Health Costs: Employers health costs are expected to increase at least 8% in 2023 prompting many to restructure their benefits. Already, employer-sponsored coverage costs 224% of Medicare coverage for the same services from the same providers. In the pandemic era, virtualization was the focus; post-pandemic, it's employee wellbeing and cost-reduction. Whole person and technology-enabled self-care will displace traditional models of delivery jeopardizing local hospitals and physicians. Employers will use shared risk contracts with providers to achieve short and long-term cost reduction and primary care capitation to channel referrals to high value providers and reduce their spending for healthcare. Employers have lost patient with the healthcare system and will take matters into their own hands in 2023.