

Bolton

Insight

February 2021

The Costs of Delaying or Avoiding Care

Many experts predict that health care costs will rise in 2021 due to various reasons related to the COVID-19 pandemic. Among others, delaying and avoiding care because of the pandemic is one trend that is driving health care costs.

According to the Centers for Disease Control and Prevention (CDC), 4 in 10 U.S. adults delayed or avoided medical care because of COVID-19 related concerns.



32% avoided or delayed routine care



12% avoided or delayed urgent or emergency care

According to a study by the Primary Care Collective, during the COVID-19 pandemic:

- **85% of physicians reported that the mental health of patients declined**
- **56% of surveyed clinicians reported that delayed or inaccessible care caused an increase in negative health burdens**
- **37% of physicians said that patients with chronic conditions are in worse health**
- **31% of respondents saw a rise in patients with addiction**

Why does it matter?

Delaying or avoiding medical care when it is needed, especially for those with chronic conditions, often results in the worsening of a condition. When this occurs, treatment is often more involved, lengthy and costly.

What can you do?

When employees delay or avoid receiving care, they are more likely to be stressed or experience negative health outcomes. Encourage employees to continue receiving care, and leverage telehealth solutions whenever possible.

Contact Bolton today for more information on how to promote health and wellness among employees.

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