



Working Party Title:-	Wellness and Prevention – Investigating the preventative capabilities of wellness interventions within Health and Care products and how Actuaries may utilise their impact across the value-chain.
Practice Area Research Committee Member Shadow:-	Health and Care Research Sub-Committee member
Source of idea/"Initiator":-	Health & Care Board
Working Party Chair:-	TBD
What issue is this research topic trying to address:-	<p>"Wellness" defined by the Global Wellness Institute as "the active pursuit of activities, choices and lifestyles that lead to a state of holistic health".</p> <p>Wellness has become a focal area for the insurance industry given both the increased awareness in the public of its health benefits but crucially also for the preventative impacts this may have. Given the relative early stage of "wellness" type solutions in products, the data driven link between customer behaviours / outcomes and the solutions remains light.</p> <p>This working party should:</p> <ul style="list-style-type: none"> • Define the key pillars that are the most relevant to the insurance industry. The pillars could include physical, nutrition, social, emotional, financial, spiritual, intellectual, and environmental. • Outline the different wellness and prevention offers that are available under the various pillars. For example, this could include physical activity devices/apps, mental wellbeing apps and devices, nutrition apps, pilots and pathways, sleep trackers etc. • Examine case studies of how these solutions are used (both insurance and non-insurance industry case studies) and give views on the impact they can have on mortality, morbidity rates etc. • Explore how these can be used for insurance companies across the value chain (can include product design, pricing, claims management, care pathways, reserving, underwriting valuations, thought leadership papers, sales etc.). For example, the findings could be used to impact other actuarial functions such as product design (to incorporate and integrate wellness solutions within health and life insurance products), pricing (allowing for the impact these solutions can have on claims, sales and retention and how these interact with pricing), valuations (the impact these solutions can have on assumptions and feed into basis changes, and potentially reinsurance rates), care pathways/claim journeys (promote prevention within journeys where relevant) etc.
Who will be the audience for this research:- <i>(We need to understand who we believe this research will be of interest to – to ensure we have an end consumer for the research)</i>	The primary audience will be actuaries working in the H&C sector.
What do we see as being the output/deliverables of this research:-	<p>Output should include key findings on the impacts that physical activity, mental wellbeing, sleep and nutrition can have on mortality and morbidity assumptions.</p> <p>Publish a research paper on findings. Present research at IFoA conferences. Hold webinar to present publications / results.</p>



<p>What are the time scales of this research:-</p>	<p>This WP has no explicit time limit however</p> <ul style="list-style-type: none"> - If no suitable data is found, 18-months for research paper summaries. - If suitable data is found, the timeframe should be longer.
<p>What previous work has been done in this area recently, within the profession please email libraries@actuaries.org.uk, other professions/academia:-</p>	<p>The following is a list from the library search on “Wellness” and “Wearables”:</p> <ul style="list-style-type: none"> • A conceptual model for pricing health and life insurance using wearable technology • Wearables and the internet of things: considerations for the life and health insurance industry - corrigendum. <p>The aim of this research was to look at the emergence of wearable technology and the internet of things (IoT) and their current and potential use in the health and care area. There is a wide and ever-expanding range of wearables, devices, apps, data aggregators and platforms allowing the measurement, tracking and aggregation of a multitude of health and lifestyle measures, information and behaviours.</p>
<p>Will 3rd party data be used? If so a protocol will be developed to support you</p>	<p>It will be using the research from other papers. This can include case studies where insurance and non-insurance companies have done studies to link what impact preventative wellness solutions can have on the disease burden. (For example, physical activity may reduce obesity, mental wellbeing may increase CBT claims but reduce in hospital mental health claims etc.). In this research paper review, the WP may identify sources of data of interest. It will be the WP decision, given resource and time, whether they pursue this.</p>
<p>Proposed membership:-</p> <p><i>The IFoA is registered as a Data Controller in terms of the Data Protection Act 1998. The contact details provided (i.e. names and email addresses) will be shared among the members of this working party, the Practice Area Research Committee and the relevant Practice Area Board in relation to the research topic detailed above. The information provided will be used for the purposes of facilitating the completion of the proposed research. The IFoA will not pass your personal information to any other third party without your consent. If you would prefer that your details are not shared in this way, please contact a member of the Communities Team.</i></p> <p>Professional.communities@actuaries.org.uk</p>	<p>4 – 10 members. Health and Care practitioners or those with knowledge of “wellness” (preferably including members with experience of health insurance products and non-UK markets).</p>
<p>If currently operational, add list of members:</p>	<p>None yet.</p>
<p>Additional volunteers required:-</p>	<p>N/A</p>
<p>Frequency and type of meeting:-</p>	<p>1-2 times per month, virtual, so no requirement to meet in person in any particular location.</p>
<p>Engagement with external stakeholders – Public Affairs will support and arrange for you</p>	
<p>IFoA resource and support required:-</p> <p><i>The Communities Team and Research and Knowledge teams can offer various levels of support during the life of your working party; however we would ask that a member of your working party be responsible for keeping minutes or action points from each of your meetings. It is important that the working party provides updates to the Communities Manager on an on-going basis, preferably after every meeting. This will ensure that the Board and other committees are kept informed of the work of the working party.</i></p>	<p>Review by the Health and Care Research Sub-Committee and the Health and Care Board.</p> <p>May require Library assistance to identify relevant research publications.</p>



Working Party Terms of Reference

(In conjunction with the 'Guidance for Member Led Research Working Parties' and the Volunteer Induction Pack)

Legal Issues to Note

Intellectual property issues

As our members and the wider public will appreciate, we want to ensure that the work produced by our working parties remains the intellectual property of the IFoA and not of individual members, their employers or of the working party itself. This means that that work can be used and disseminated by the IFoA to its members, stakeholders and the wider public to advance all matters relevant to actuarial science and promote the work of the wider actuarial profession.

The IFoA is very grateful to the members and their employers for the time, effort and work which is devoted to the working parties for the shared benefit of all members and the public. However, we also appreciate that employers may have their own intellectual property rights in that material – or even license it to/from third parties – and we need to make sure that the working party is not using that material without the employer's, or third party's consent. Members should remember that they need to get the consent of their employer or relevant third party to bring that material to the working party to use.

In recognition of the support provided by individuals and their employers, all material which is permitted to be used will, of course, be credited – noting the sources or contributors by name in the final work product generated by our working parties. Employers can also raise their own profile by allowing staff to sit on working parties and to have their firms acknowledged as supporting contributors in the final products.

The IFoA has some very short consent forms for our members to use if they do wish to use their employer's or a third party's work which will enable the Executive to compile a list of contributors to be referenced in the final work product. Please approach your relevant Practices Manager for more details. Again, the IFoA cannot provide members with advice in relation to intellectual property law and members may need to consult their own in-house lawyers or external legal advisers about this if they are in any doubt as to their obligations or if they have any concerns.

Further guidance

- The [UK Intellectual Property Office](#) has some helpful guidance for members on basic intellectual property issues.
- The World Intellectual Property Office's website also provides some [helpful guidance on intellectual property matters](#).

Competition law issues

It is the IFoA's policy to comply with competition law – this applies both to the IFoA itself and to our members. Some working parties will come across competition law issues due to the nature of their research work. Members who are on such working parties must be aware of this issue and be prepared to take steps to avoid any breach of the relevant competition laws.

We have produced an informative video clip which sets out some helpful guidance that working party members should bear in mind regarding competition law. However, we cannot provide advice to members, individual members may need to consult their own in-house lawyers or external legal advisers about this if they are in any doubt as to their obligations or if they have any concerns.

For members who are interested, the IFoA has also produced a short note on competition law issues which may impact our working party members. (See Appendix B, page 15)

Further guidance

The Office of Fair Trading (OFT) investigates competition law issues and has some [handy guides](#) which members might find useful.

The OFT also mentions the [Competition Pro Bono Scheme](#) which offers some free legal advice to individuals and businesses who believe that their rights under competition law have been infringed or who are concerned that they may be in breach of any relevant laws. Members may also find this useful.



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Conflicts of Interest

Consider any conflicts of interest issues which might arise by virtue of a member's membership on the working party and which might breach the [Actuaries' Code](#) provisions