Prevention Impact Planner

How to use it, in plain steps.

Find the health costs that matter most, plan three years of prevention, and prove the impact with real numbers. There are two ways to use it. Pick the one that matches the AI you have.

You use Microsoft Copilot, ChatGPT, Google Gemini or free Claude

Use the text file: *prevention-impact-planner-prompt.txt*

Follow Option A

You have Claude Pro, Max, Team or Enterprise

Use the zip file: *prevention-impact-planner.zip*. It gives the best results, and it can run the ROI calculator for you.

Follow Option B

OPTION A · ANY AI · 5 MINUTES

Copy and paste

1. Open the **text file**.
2. Fill in the lines under **"About us"**: your offices, where you are today, your budget period, what's running, and the group data you have.
3. Copy **everything below the line**, paste it into a new chat, and press Enter.

Tip: paste group summaries only, such as "31% with raised blood pressure in Warsaw". Never a list of people.

OPTION B · CLAUDE · SET UP ONCE

Add the skill

1. In Claude, open **Settings**, then **Capabilities**. Make sure **Code execution and file creation** is on.
2. In the **Skills** section, click **Upload skill** and choose the zip file. Don't unzip it first.
3. Start a new chat and ask, for example:

> *"Plan a three-year prevention program for our four offices: Toronto 1,400, Warsaw 1,300, Bengaluru 1,800 and Manila 1,500. Here are our health check and absence summaries."*

Claude asks for anything it still needs.

What you get: the cost driver table, the baseline sheet, a Year 1 plan month by month with Years 2 and 3 by quarter, a fair comparison plan, the year-on-year tracker, and a one-page impact report with ROI as a range and VOI alongside.

What's inside the zip

You don't need to open it

SKILL.md · The six steps Claude follows.

references · Cost drivers and the prevention that works for each, the evidence with sources, how to measure in each country, the year-plan method, benchmarks and report templates.

scripts · The impact calculator: absence, turnover and claims, net of the comparison, as a low, central and high range.

Good to know

Group data only: totals, averages and percentages by site. No group smaller than 20.

Every activity names the evidence behind it, and every number shows its source.

Education, not medical advice. It's a guide, not legal or financial advice.