



Your Health Goals are Calling

As part of your employer sponsored self-funded health benefit plan, you have access to a health and wellness program powered by ActiveHealth at **no additional cost** to you. As part of this program, a representative from ActiveHealth may reach out to you by phone or email to initiate a conversation and help you work towards your health goals.



Save the ActiveHealth phone number (855.210.8740) or email address to your contacts so you can pick up right where you left off.

Not ready to start your health journey right away? No sweat!

You can explore this program at your own pace via the myHealthCenter tab on myEVHC.com, or by downloading the ActiveHealth mobile app. In myHealthCenter you can:

- Take a health assessment and get a whole picture of your health
- Use imaginative adventure challenges to inspire you to achieve your health goals
- Get digital coaching for fun, new ways to improve your health
- Get helpful tips for living a healthier life
- And much more!

Visit myEVHC.com and click the myHealthCenter tab anytime, or call 855.210.8740 to get a head start towards your health goals.

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