










# Take control of your health

No matter where you are on your journey to better health, EVHC's health and wellness program has something that can help you.

## Something for Everyone

Our health and wellness program can help you take control of health and lifestyle issues many of us face every day, such as managing chronic conditions, losing weight, making healthy food choices, combating stress, and more.

## myHealthCenter offers:

-  Take a health assessment and get a complete picture of your health
-  Set health goals based on what you want to achieve
-  Explore digital coaching for fun, new ways to improve your health
-  Access your health information, like prescriptions and health numbers
-  Sync your fitness devices and track your progress
-  Get reminders, tips, and suggestions for improving your health
-  Join social communities and share tips with others



**myHealthCenter**  
is your hub for all things healthy. The personalized portal features fun and easy ways to help you to take charge and manage your health. Access myHealthCenter by logging onto [myEVHC.com](https://myEVHC.com).

## A Picture of Your Health

Taking a few minutes to answer questions about your health gives you an instant report on what you're doing well and any areas for improvement.



Spot certain risk factors



Help prevent health problems before they occur




Get helpful tips for living a healthier life

And for a little extra motivation, if you complete your health assessment, you will be entered for a chance to win a \$250 Amazon gift card.\*

## A Little Extra Help

Some of us need help setting health goals and sticking to them. Wellness coaching is the way to go. Our coaches will help you focus on areas you are looking to improve – from eating better to getting more sleep. We're here to help you maintain accountability for what you want to achieve. And if you want even more support, we have plenty of digital coaching options that you can do on your own.



### Jump Right in Today

Get started by completing your health assessment.

Visit **myEVHC.com** and click the myHealthCenter tab at the top.

## Personalized Support

Managing a chronic condition can be overwhelming. That's where we come in. Our health coaches provide helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way. But you set the tone and pace, deciding how and when to interact with us.

Get support for these common chronic conditions:

- Asthma
- Chronic Hepatitis – B and C
- Chronic Kidney Disease
- Chronic Neck and Back Pain
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Coronary Artery Disease
- Depression
- Diabetes
- End Stage Renal Disease
- High Blood Pressure
- High Cholesterol
- Migraines
- Osteoarthritis
- Rheumatoid arthritis
- Seizures
- Systemic Lupus Erythematosus
- Ulcerative Colitis / IBD / Crohn's Disease
- Weight Management (BMI>40)

\*For full giveaway details, visit myHealthCenter at myEVHC.com.

