

Health Coaching

Based on Your Needs

As part of your health benefit plan, you have access to personal health coaching with EVHC and wellness program at **no additional cost** to you.

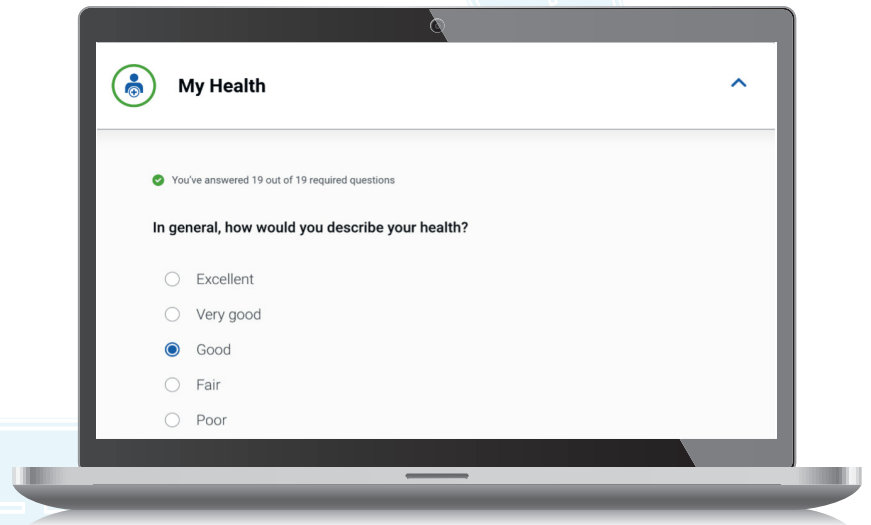
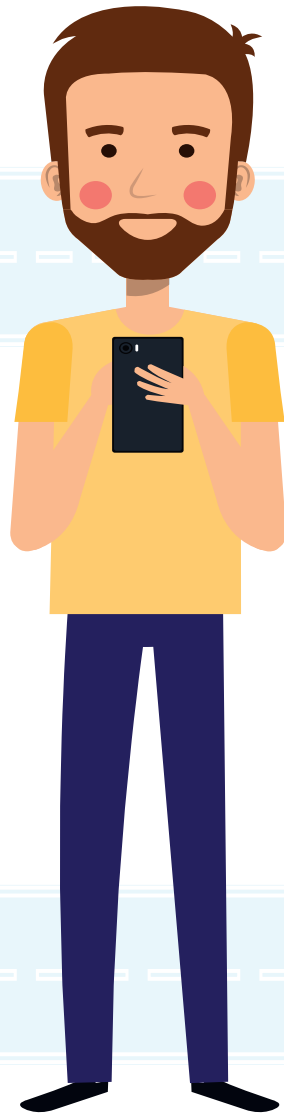




STEP ONE:

Complete Health Assessment

The type of coaching you're eligible for depends on where you are in your health journey. But everyone's journey starts with the same first step: taking your Health Assessment.



Health Assessment Fast Facts

- Takes only 10 minutes to complete
- Completion enters you for a chance to win a **\$250 Amazon gift card.***
- Access it via myHealthCenter tab on **myEVHCBenefits.com** or via the **ActiveHealth mobile app**.



STEP TWO: Engage in Coaching

Depending on your Health Assessment results and Biometric Health Screening information (if available on your plan), you'll be eligible for one or more of the following types of coaching:



Digital Coaching

- Set personal health goals
- Complete personalized digital educational courses at your own pace



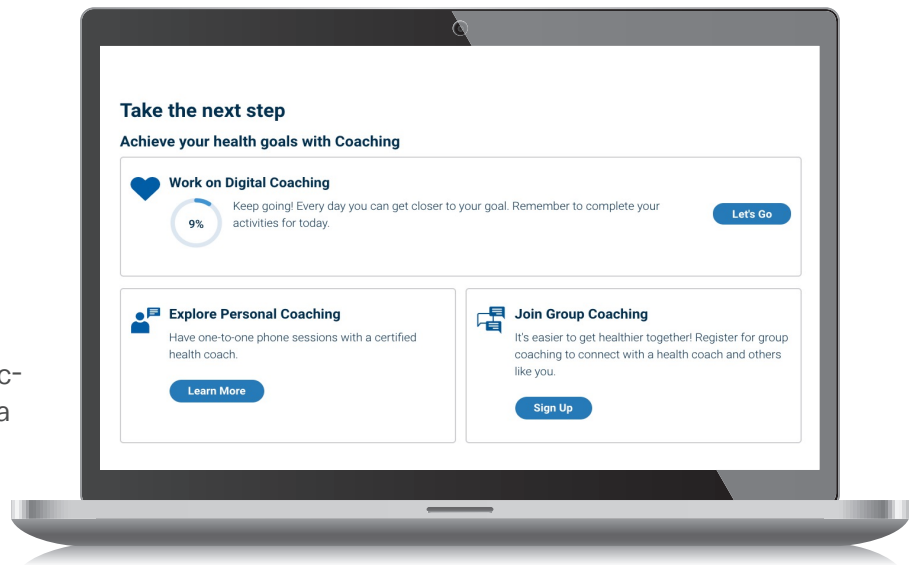
Group Coaching

- Participate in interactive, topic-specific group classes led by a trained expert
- Chat with a coach in real-time



Personal Coaching

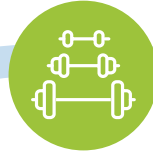
- Receive individualized support from a registered nurse
- Get support for these common chronic conditions:
 - Asthma
 - Chronic Hepatitis-B and C
 - Chronic Kidney Disease
 - Chronic Neck and Back Pain
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Congestive Heart Failure
 - Coronary Artery Disease
 - 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)
- Discuss your condition, medications, lab results, preventive care, signs and symptoms of complications, and actions to take when experiencing adverse health issues





myHealthCenter: One Stop for Wellness

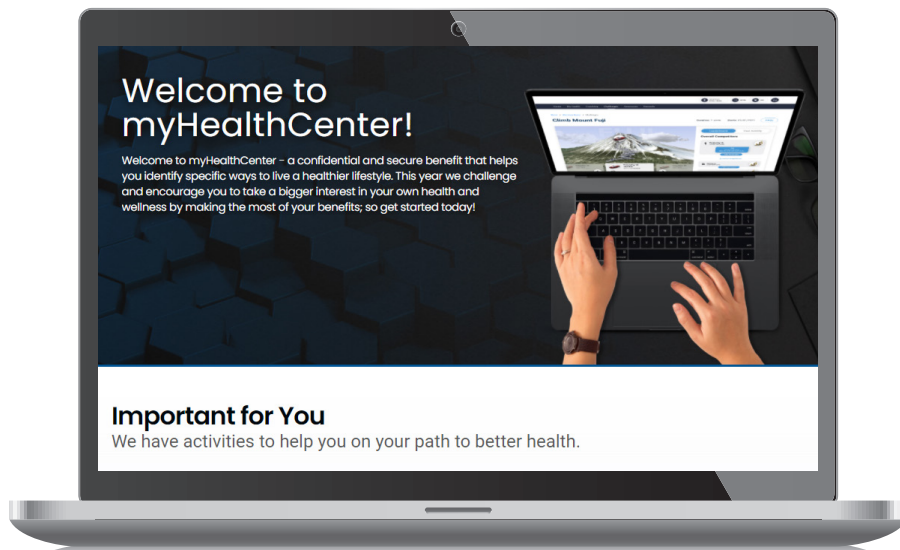
myHealthCenter is the home for everything you need to help improve your health. Beyond taking your Health Assessment and engaging in coaching, myHealthCenter also allows you to do the following, and more:



SET personalized health goals

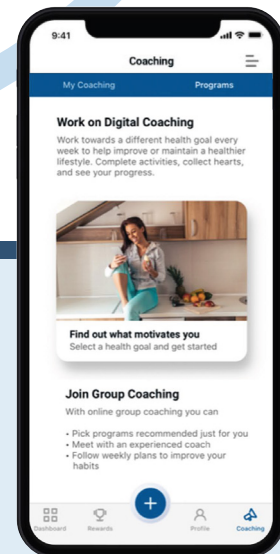


COMPETE with others in health challenges



CONNECT health tracking apps and wearable devices

TRACK your progress toward reaching any rewards offered by your employer**



And when you're on-the-go, you can also access these tools via the **ActiveHealth mobile app**. Download it today by searching for ActiveHealth on the App Store or Google Play.



MEET HELEN: Program in Action



Let's take a look at a made-up member, Helen.

Helen has diabetes and regularly visits her doctor, but doesn't always understand what the doctor wants her to do. One of our program nurses reaches out to Helen to see if he can help.

Helen takes her **Health Assessment**.



Nurse calls Helen. They discuss her condition and her high HbA1c value due to her diabetes.

Helen starts a healthy eating challenge on **myHealthCenter**.



Helen talks to a program dietician to learn more about diabetes and diet.

Helen has a question about a new medicine she's taking, so she contacts her nurse.



Helen sees results with her new diet and decides to join an exercise challenge on **myHealthCenter**.



Helen sees her doctor and has her HbA1c value tested. **She's in the normal range!**

Helen continues her healthy diet and exercise routine and **checks in with her nurse coach regularly.**



Get started today.

Log on to **myEVHCBenefits** and visit the **myHealthCenter** tab to take your Health Assessment.



*For full contest details, visit myHealthCenter at myEVHCBenefits.com.

**Rewards are not offered on all plans. Check your specific plan for details.

This program is powered by ActiveHealth

