



## Finding balance with **Whole Person Health**

**Keeping it all together isn't always easy.** We're in one of the longest periods of unrelieved stress in modern history. Our health — physical, mental, societal and social is taking a hit.

**36%**

of people  
**aren't sleeping  
as well<sup>1</sup>**

**32%**

of people  
**aren't eating  
as well<sup>1</sup>**

**10%**

of people said their  
**chronic conditions  
are worse** due to  
worry and stress<sup>1</sup>

**12%**

increase in **alcohol  
consumption and  
drug use<sup>1</sup>**

**30%**

increase in  
**overdose  
deaths<sup>2</sup>**

EVHC' health and wellness program focuses on **whole person health** supported by **intelligent technology**.



**58%** of engaged members  
**improved their blood pressure<sup>3</sup>**



**42%** of engaged members showed  
**improvement in risk markers for depression<sup>3</sup>**



**26%** of engaged members  
are **sleeping better<sup>3</sup>**



**39%** of engaged members **lowered  
their stress<sup>3</sup>**

**42%** felt better about their overall health<sup>3</sup>

<sup>1</sup> Kaiser Family Foundation. The Implications of COVID-19 for Mental Health and Substance Use. Available at [kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/](https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/) Accessed January 4, 2022.

<sup>2</sup> Centers for Disease Control and Prevention. Drug Overdose Deaths in the U.S. Top 100,000 Annually. Available at [cdc.gov/nchs/pressroom/nchs\\_press\\_releases/2021/20211117.htm](https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2021/20211117.htm) Accessed January 4, 2022.

<sup>3</sup> ActiveHealth book of business data Q3 2021. Engagement rates reflect a mix of coaching strategies, including ActiveHealth.com digital, live group and one-to-one support.

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**Get started by completing your health assessment.  
Visit [myEVHC.com](https://myEVHC.com) and click the myHealthCenter tab.**

