

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.

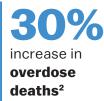
50 of people aren't sleeping as well¹



aren't eating as well¹

10% of people said their chronic conditions are worse due to worry and stress¹

12% increase in **alcohol** consumption and drug use¹



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





42% of engaged members showed improvement in risk markers for depression³





39% of engaged members **lowered** their stress³

42% felt better about their overall health³

¹ 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/ Accessed January 4, 2022. ² 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 Accessed January 4, 2022. ³ 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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