

Health and Wellness Coaching

by the numbers

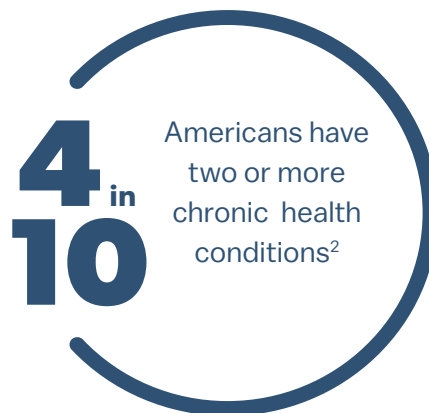
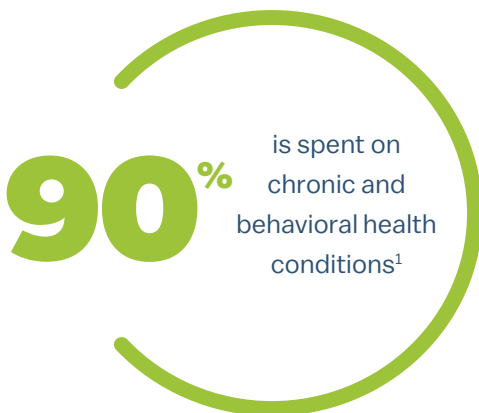
Managing rising healthcare costs while keeping employees healthy, and motivated to staying healthy, can be a challenge. That's why EVHC's Population Health Management program offers targeted and engaging coaching that drives lasting health outcomes for members, and measurable savings for clients.

The High Cost of Health Care

To better help members and drive savings, first we need to look at where health care dollars are being spent and consider the reasons why.

NATION'S ANNUAL HEALTHCARE COST SPENDING

\$4.1 trillion



The bottom line?

Chronic disease is a leading driver of the nation's annual healthcare costs².

It's time for a change.

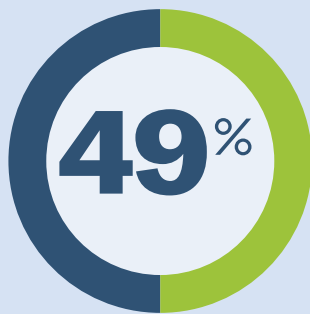
Results that Last

Health and wellness coaching from the Population Health Management program uses advanced analytics, digital tools, and health coaching to provide an easy, personalized health experience for members.

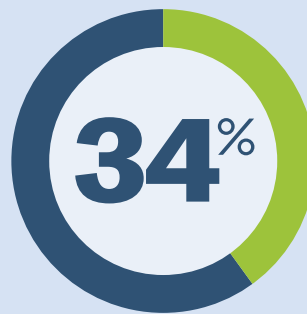
How we achieve lasting results:



The Right Solution for the Right Members^{*3}

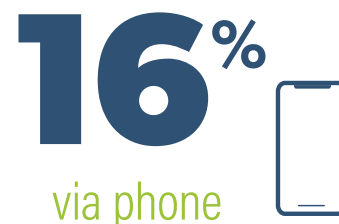


of eligible members were identified

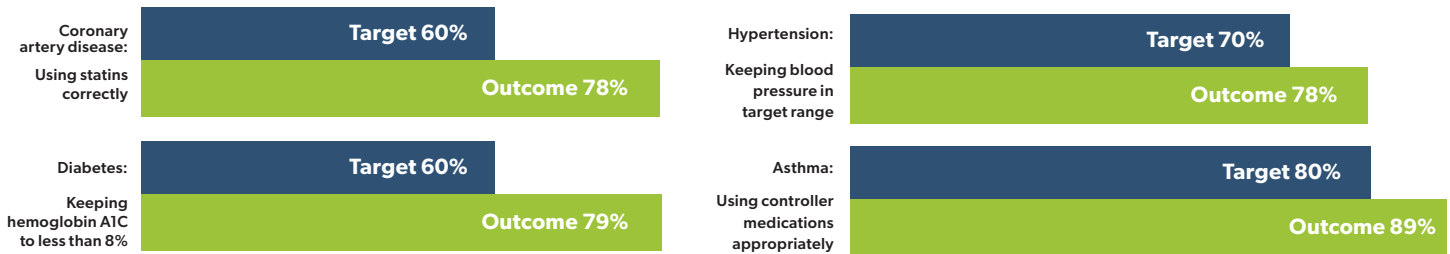


of identified members engaged with the program

How They Engaged³:



The Outcomes³ are Strong



Lower Lifestyle Risk for Greater Savings³

Lifestyle Risk	Percentage of population who reduced their risk ^{**}
High Blood Pressure	47%
High Cholesterol	41%
Smoking	26%
Stress	26%
Sick Days (illness days in the past year)	27%



\$27.49
COST SAVINGS
 per identified member,
 per month

*Results are based on members having had the chronic condition for at least six months.

** We measure lifestyle risks via the Health Assessment and/or nurse/coach interactions. The population is people for whom we have two data points over a one-year period.

1 Centers for Disease Control and Prevention. Health and economic costs of chronic diseases. January 12, 2021. [CDC.gov/chronicdisease/about/costs/index.htm](https://www.cdc.gov/chronicdisease/about/costs/index.htm). Accessed February 11, 2021.

2 Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). Chronic diseases in America. January 12, 2021. Available at: [CDC.gov/chronicdisease/resources/infographic/chronic-diseases.htm](https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm).

3 Lifestyle and Condition Coaching, ActiveHealth Management 2020 Book of Business Report.

4 Lifestyle and Condition Coaching year two follow-up study (October 2020).

Services are provided by ActiveHealth Management, Inc. ActiveHealth programs, care team and care managers do not provide diagnostic or direct treatment services. ActiveHealth assists members in getting the care they need. The program is not a substitute for the medical treatment and/or instructions provided by health care providers.

To learn more about Population Health Management, contact your EVHC sales executive or client manager.

