



Healthy Members and a
Healthy Bottom Line?

It is Possible!





Maximizing health and promoting behavior change is a serious topic on the minds of many employers and brokers today. Why? Because it's one of the best ways to fight rising healthcare costs.

But how do employers determine the right approach? Population Health Management from EVHC delivers the solution by providing a full suite of digital tools aimed to keep members actively engaged with their health. And it's all backed by a unique clinical analytics engine, based in behavioral science, that provides truly personalized solutions.

Designed around key health and wellness principles



Evidence-Based Care

Members who follow recommended guidelines for care are generally healthier and have lower healthcare costs. We help improve compliance by keeping members on track and encouraging them to get the care they need, when they need it.



Health Awareness

Sometimes it can be hard to keep track of our health. We make sure members have a complete picture of their health and point out areas where they might be able to improve.



Prevention

Prevention is the best treatment. We will always let members know when they are overdue for important health tests and screenings.



Lifestyle Behaviors

Changing lifestyle behaviors can be difficult. We take a variety of different approaches to help members recognize their habits and get the support they need to make real, lasting change.

Population Health, One Member at a Time

More data means a better picture of members' health. We integrate from three main sources – claims data, health assessments and, if possible, health screenings – using that information to identify, engage, and motivate behavior change among at-risk members. With both our digital platform and coaching, each member gets a truly personalized experience.

Control Costs with Evidence-Based Care

Improving compliance for members with chronic conditions is at the core of our program. Studies, including research conducted on our own book of business, show that members with chronic conditions have lower costs when they comply with recommended guidelines. Keeping care on track means reduced emergency room visits and hospital admissions.

When we identify a member with a chronic condition, we review their claims to be sure they are following the appropriate evidence-based guidelines. If we find a gap in care, we send a personalized health alert to the member and their doctor, alerting them about the potential gap in treatment and encouraging an office visit.

Prevention is Preferred

With today's busy schedules, it's easy for important preventive tests and health screenings to go overlooked. To promote prevention and early intervention, we send friendly reminders to members when they are overdue for important tests such as mammograms and colonoscopies. Members get better health overall, and employers get cost control.

myHealthCenter

With myHealthCenter, members receive a personalized digital experience where they'll find all of their health information in one place. Whether they're looking for recent lab results, or prioritized suggestions for improving their health. It's all right there, easy to find.

At myHealthCenter, members are able to:

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





Promoting Health Awareness

When trying to make a change in your health, it's hard to know where we stand. Our health assessment helps members lay it all out by asking about their current health, lifestyle behaviors, and productivity levels. When members complete the health assessment, they receive an overall picture of their health, pointing out certain risk factors and areas for improvement. It will even suggest actions and help them set goals, which is the first step towards making real change.

A Little Coaching Goes A Long Way

It's easy to silence the voice motivating us to make positive changes. We have coaches that can help change that mindset and get your members on the right track. Our coaches get to know each individual personally, so they can better understand what motivates them, and maps out effective strategies for better health and wellbeing.

- **One-on-one** Coaching
- **Group** Coaching Webinars
- **Self-directed** Digital Coaching



Health Coaching for Chronic Conditions

For members that have chronic conditions, we offer condition-based health coaching to help manage their health. From keeping track of appropriate care guidelines, to changing habits that increase risk factors – we're here to help.

We use advanced analytics to identify members with, or at risk for, chronic conditions and proactively reach out to engage them. Then the member works with a coach to set the tone and pace of their personal health actions, and help make lasting behavior changes.



Wellness Coaching for Lifestyle Changes

Wellness coaching works for members who might be looking for new opportunities to better their overall wellbeing but aren't sure where to start. Before members begin, they take a short survey that asks a few questions about their general lifestyle and behaviors. From there, they'll be directed to different coaching programs that are right for them, whether it be self-directed or one-on-one interactions. Coaching topics vary from stress management, to healthy eating habits. There's truly something for everyone.

Optional Health Screenings

Our Population Health Management program is more effective when we have a complete picture of each and every member's health. To help, we can provide optional onsite screenings to collect important biometric data such as cholesterol and glucose levels, BMI, and blood pressure.

(Screenings are an integral part of our wellness strategy and can be purchased separately.)

Incentive Tracking

Employers have the choice of offering incentives to encourage participation in health and wellness activities. When incentives are offered, members can track their progress towards earning rewards using the myRewards tracker on myHealthCenter.

Our incentive packages monitor participation in a variety of different areas such as health assessment and biometric screenings, health and lifestyle coaching, activity tracking, preventive screenings, and tobacco cessation and weight management programs.

We offer four different incentive packages all designed to help you reward your members for keeping their health at top of mind.

With screenings,

we are able to:

- Provide virtually instantaneous results to members in a confidential manner;
- Upload the information to their health record on myHealthCenter - our personalized member engagement portal - for easy reference;
- And direct each member to the appropriate coaching program(s) to improve their health.





Start Building a Healthier Workforce Today!

**Let us focus on member health so employers
can focus on their business**

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

