



Take Charge of your Health with myHealthCenter

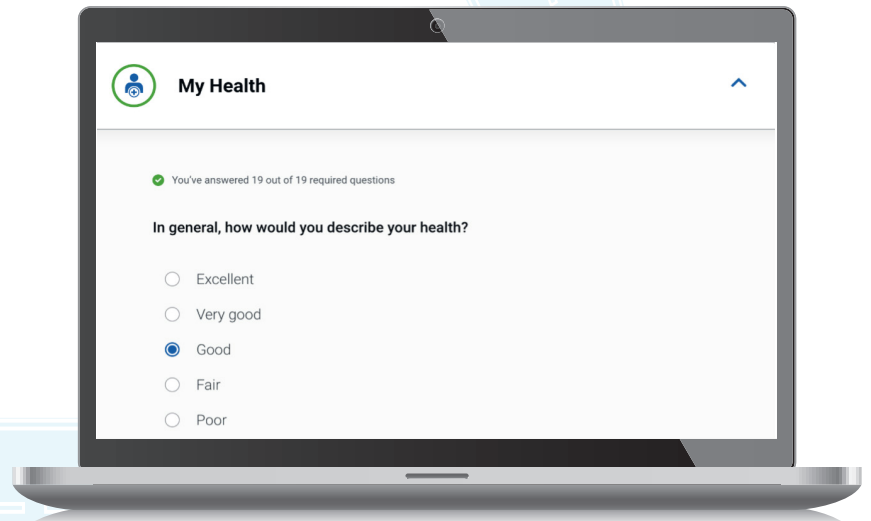
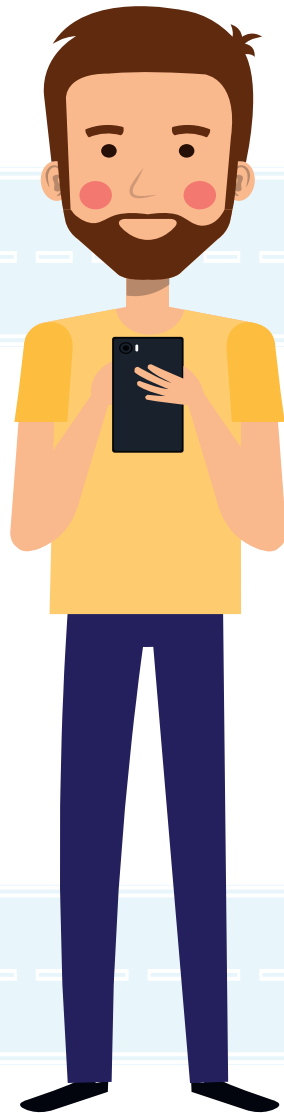
As part of your health benefit plan, you have access to myHealthCenter's digital tools and clinical resources at **no additional cost** to you.





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

- It doesn't take long to complete
- Receive an instant personalized health report
- Discover new ways to improve your health
- Access it via myHealthCenter tab on **myEVHC.com** or via the **ActiveHealth mobile app**



Engage in Coaching

Depending on your health assessment results and health screening information you'll receive access to the following types of health and wellness coaching:



Digital Coaching

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



Live Group Coaching

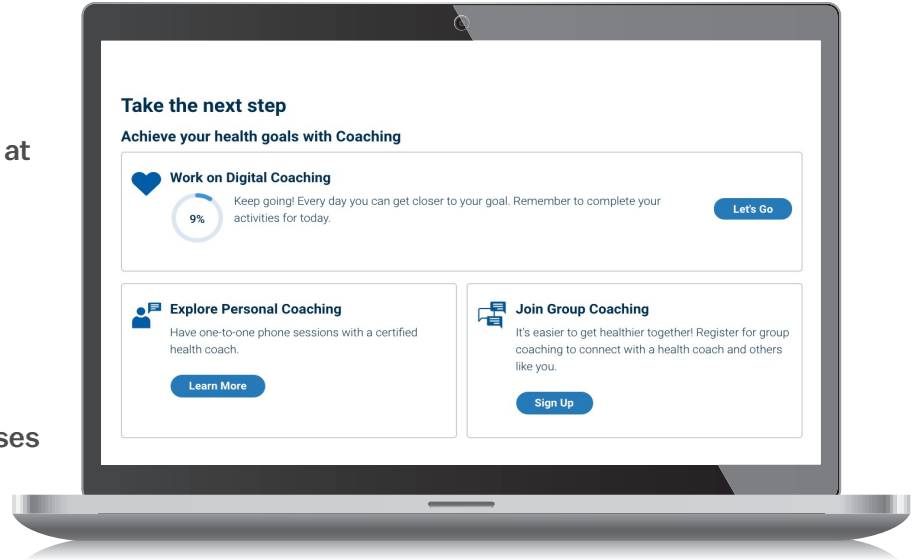
- Participate in interactive, topic-specific group classes led by a trained expert
- Chat with a coach in real-time



Personal Coaching

Receive individualized support from a coach and receive support, tips, and advice for common chronic conditions and lifestyle topics:

- | | | |
|--|----------------------------|---------------------------|
| • Chronic Kidney Disease | • Diabetes | • Pre-diabetes |
| • Chronic Obstructive Pulmonary Disease (COPD) | • High Blood Pressure | • Stress Management |
| • Congestive Heart Failure | • Exercise and activity | • Sleep |
| • Coronary Artery Disease | • General health education | • Elevated blood pressure |
| | • Healthy eating habits | • Tobacco cessation |
| | • Metabolic syndrome | • Weight management |

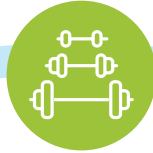


Discuss your condition, medications, lab results, preventive care, signs and symptoms of complications, and actions to take when experiencing adverse health issues.



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:

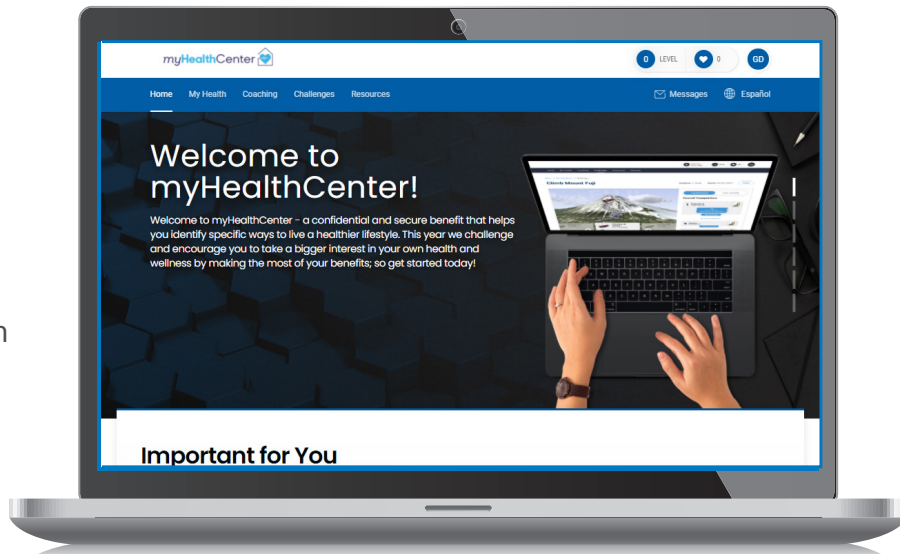


SET personalized health goals



COMPETE

individually or with others in health challenges

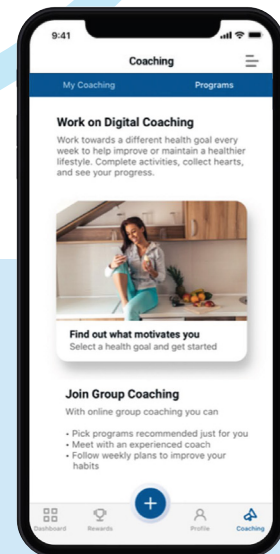


CONNECT health tracking apps and wearable devices

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 an example member, Helen.*

Helen regularly visits her doctor and wants to improve her health, but doesn't always understand her doctor's advice.

Helen downloads the **ActiveHealth** mobile app.



Helen takes her **health assessment**.

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



Helen talks to a coach to learn more about weight management and diet.



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



Helen joins a **Healthy You** session and picks up new tips for healthy living

Helen sees her doctor for her regular physical. Her BMI falls within the **healthy weight range!**



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



Get started today.

Log on to **myEVHC** and visit the **myHealthCenter** tab to take your health assessment or call 855-210-8740 to learn more.



Need a little extra motivation?

If you complete your health assessment, you will be entered for a chance to win a \$250 Amazon gift card.* We're all about motivation!

*For full contest details, visit myHealthCenter at myEVHC.com. **Rewards may vary by plan. Check your specific plan for details. This program is powered by ActiveHealth.



Download the mobile app today by searching for **ActiveHealth** on the App Store or Google Play.

