



# Better Health Made Simple with myRewards

When it comes to lowering healthcare spend, the answer is simple: Improving the health of your members improves your bottom line. With myRewards, Population Health Management helps you motivate members to take charge of their health and overall wellbeing.

## Participation vs. Outcomes Based Incentives

Population Health Management can administer both participatory and outcome-based incentives. But, what's the difference?

- **Participatory:** Your employee earns a reward just by taking an action.  
(Example: going to a biometric screening event)
- **Outcome-based:** Your employee earns a reward for meeting a specific target.  
(Example: having a blood pressure within a certain range)

## Delivering Incentives

No matter how you choose to deliver incentives, we're here to help!



Health savings  
account



Health reimbursement  
arrangement



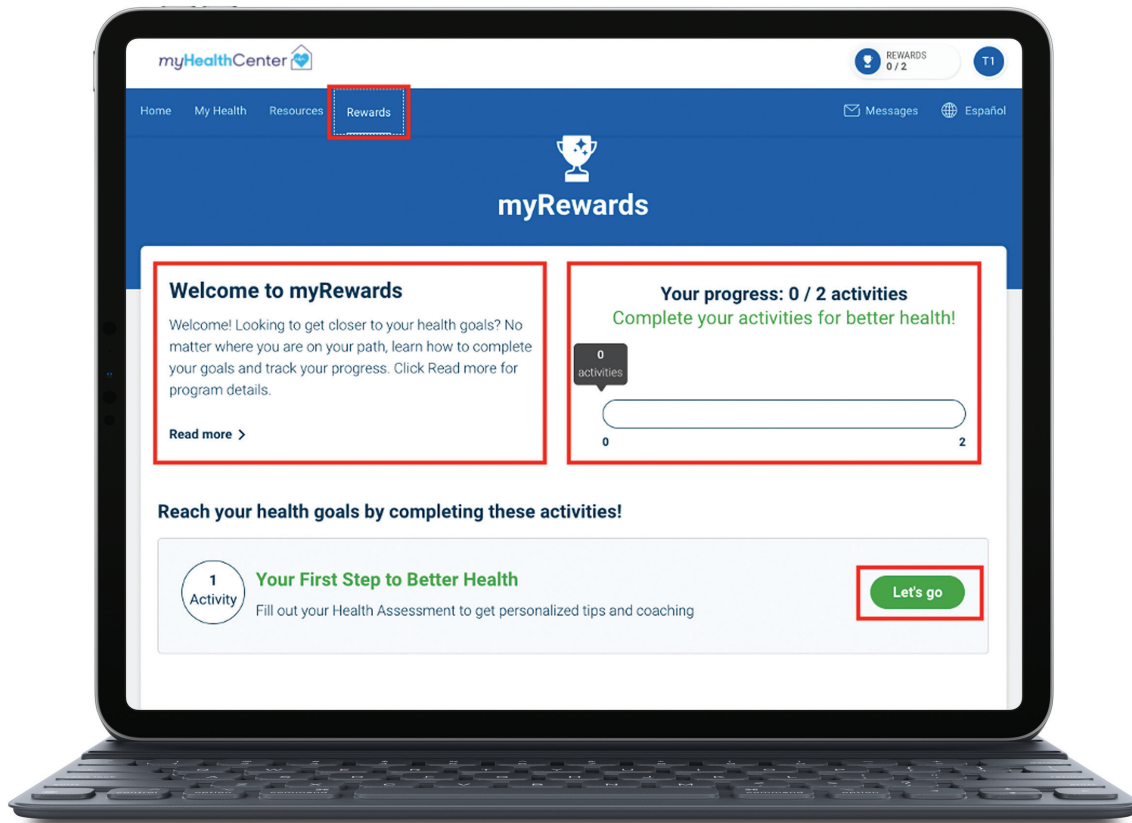
Gift cards - redeem incentives directly  
through the Rewards Center

We'll even work with your preferred vendor to deliver the incentives you have in mind and give you reports as your employees reach their goals.

## Rewards Center

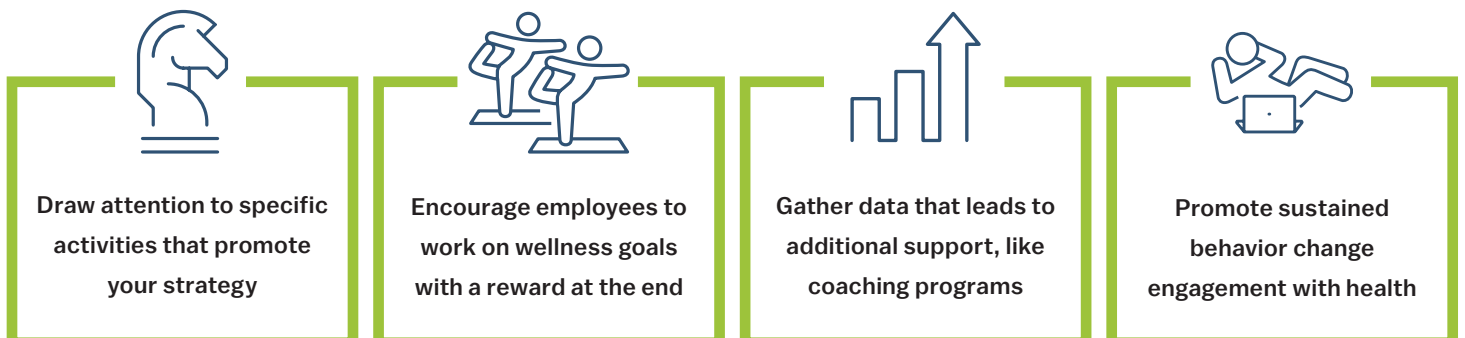
Your members will be able to see their progress in the Rewards Center as they finish required activities and earn their incentives. With just one click on the Rewards menu, members can:

- Quickly see what incentives are available and how to earn them
- Track their goals and progress on a daily basis
- See the actual dates they completed activities
- View how much they earned for each activity










We can even track reasonable alternative activities for outcome-based programs administered through the platform.

## Choose incentives that can help your wellness strategy:



Be aware of state and federal laws and regulations regarding incentives. Talk to an expert if you're leaning toward outcome-based incentives. You may need to offer reasonable alternatives. Whatever you decide, seek legal counsel to make sure your wellness program complies with all applicable laws and regulations.

## What kinds of incentives have been successful for our clients?

Activity	Value
 <p>Health Assessment</p>	<ul style="list-style-type: none"> <li>• Helps create a picture of current state of overall health</li> <li>• Captures self-reported health information, including self-perception of health, that can lead to:               <ul style="list-style-type: none"> <li>Program identification</li> <li>New or newly prioritized Health Actions</li> <li>More personalized care plans</li> </ul> </li> </ul>
 <p>Biometric Screening</p>	<ul style="list-style-type: none"> <li>• Contributes to a more complete picture of overall health</li> <li>• Can identify previously unknown risk factors</li> <li>• Helps with program identification and stratification</li> <li>• Leads to new or newly prioritized Health Actions</li> <li>• Creates health awareness</li> </ul>
 <p>Preventative Exam</p>	<ul style="list-style-type: none"> <li>• Creates opportunities for early detection and prevention of health risks</li> </ul>
 <p>Physical Device Syncing</p>	<ul style="list-style-type: none"> <li>• Fosters an easy, convenient member experience</li> <li>• Eliminates human error and authenticates actual usage</li> <li>• Gives coaches insights into member activities</li> </ul>
 <p>Physical activity tracking/ personal challenges</p>	<ul style="list-style-type: none"> <li>• Creates intrinsic motivation to set and meet goals</li> <li>• Offers achievable objectives that move members toward larger goals</li> </ul>
 <p>Digital Coaching</p>	<ul style="list-style-type: none"> <li>• Offers a wide variety of topics for self-directed learning</li> <li>• Can help employees address health opportunities</li> </ul>
 <p>Personal Coaching</p>	<ul style="list-style-type: none"> <li>• Encourages employees to make personal connections with coaches that can help them articulate their health goals and make long-term behavior changes</li> <li>• Helps employees identify and understand barriers to achieving their goals and how to overcome them</li> <li>• Can lead to deeper engagement in the coaching program</li> </ul>

Want to learn more about how Population Health Management can help your members improve their health while improving your bottom line? Reach out to your EVHC sales executive or client manager.

This program is powered by ActiveHealth.

