

Health Coaching

Based on Your Needs

As part of your health benefit plan, you have access to personal health coaching with EVHC and wellness program at **no additional cost** to you.

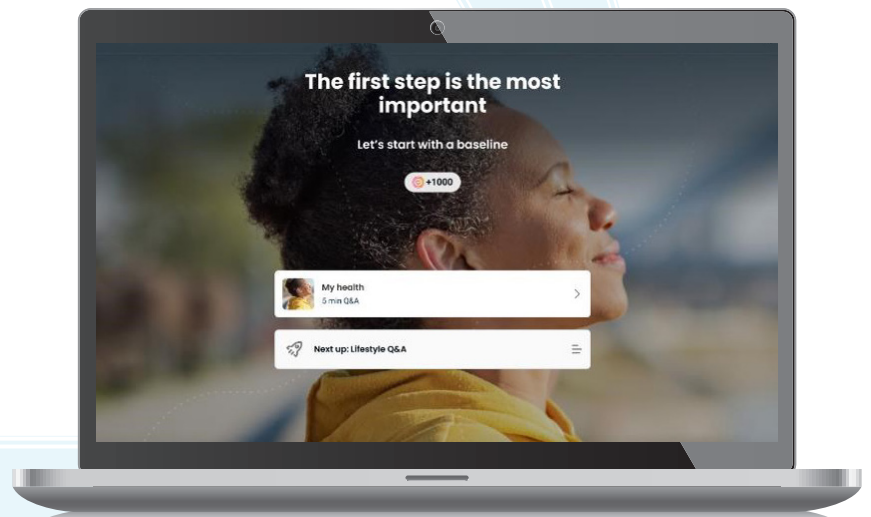




STEP ONE:

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

- Takes only 10 minutes to complete
- You can pause and return to the health assessment at any time
- Includes 4 sections: My Health, My Lifestyle, My Goals, and Additional Questions
- Access it via myHealthCenter tab on **myEVHCBenefits.com** or via the **MyActiveHealth mobile app**
- You'll get your MyHealth100 score—a valuable metric to assess your health



STEP TWO: Engage in Coaching

Depending on your Health Assessment results and Biometric Health Screening information (if available on your plan), you'll be eligible for one or more of the following types of coaching:



Personalized Pathways and Wellness Content

- Select a pathway that fits your health goals
- Complete a daily pathway check in, mood check in, and more to move along on the pathway
- Explore wellness content on topics that interest you in the format you prefer



Group Coaching

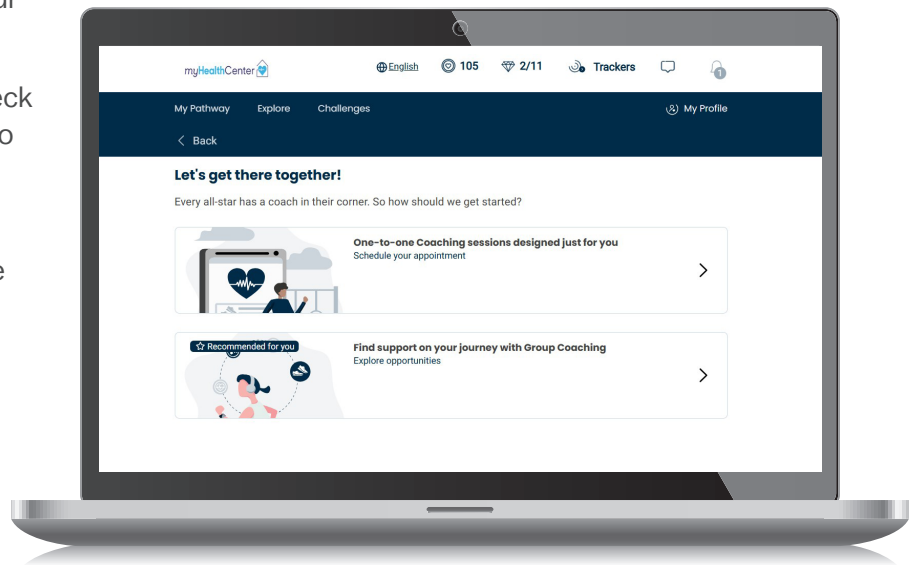
- Participate in interactive, topic-specific group classes led by a trained expert
- Chat with a coach in real-time



Personal Coaching

- Receive individualized support from a registered nurse
- Get support for these common chronic conditions:

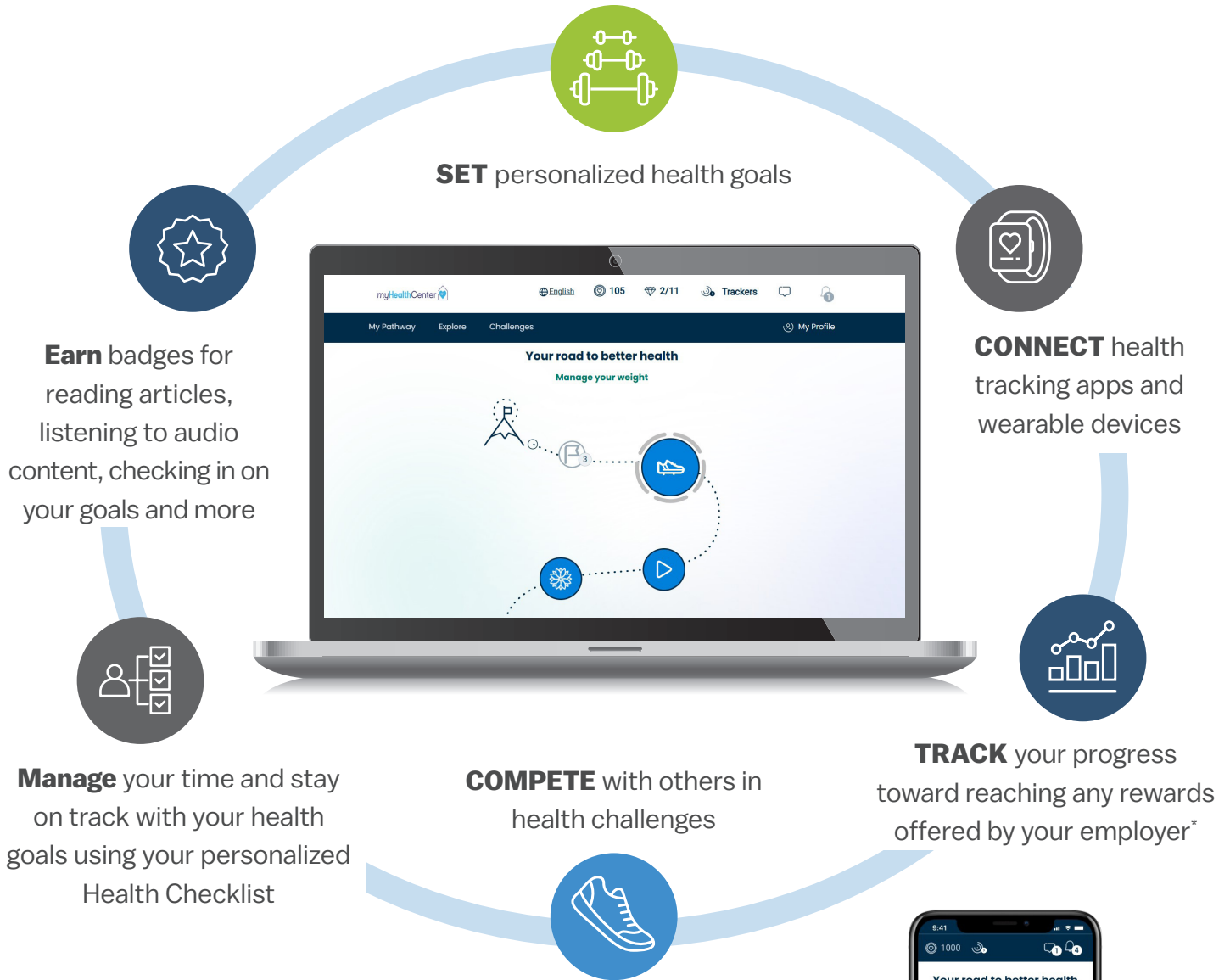
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|---|---------------------------|--|
| • Asthma | • Coronary Artery Disease | • Osteoarthritis |
| • Chronic Hepatitis-B and C | • Depression | • Rheumatoid arthritis |
| • Chronic Kidney Disease | • Diabetes | • Seizures |
| • Chronic Neck and Back Pain | • End Stage Renal Disease | • Systemic Lupus Erythematosus |
| • Chronic Obstructive Pulmonary Disease (COPD) | • High Blood Pressure | • Ulcerative Colitis/IBD/
Crohn's Disease |
| • Congestive Heart Failure | • High Cholesterol | • Weight Management (BMI>40) |
| | • Migraines | |
| • Discuss your condition, medications, lab results, preventive care, signs and symptoms of complications, and actions to take when experiencing adverse health issues | | |



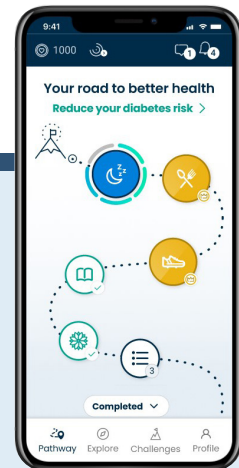


myHealthCenter: One Stop for Wellness

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:



And when you're on-the-go, you can also access these tools via the **MyActiveHealth 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 a made-up member, Helen.

Helen has diabetes and regularly visits her doctor, but doesn't always understand what the doctor wants her to do. One of our program nurses reaches out to Helen to see if he can help.

Helen takes her **Health Assessment**, and receives her MyHealth100 score.



A nurse calls Helen to discuss her condition and her high HbA1c value due to her diabetes.

Helen chooses a Personalized Pathway to focus on eating healthier, and starts a healthy eating challenge on **myHealthCenter**.



Helen talks to a program dietitian to learn more about diabetes and diet as recommended on her Health Checklist.

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



Helen has a question about a new medicine she's taking, so she contacts her nurse.

Helen sees her doctor and has her HbA1c value tested.
She's in the normal range!



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



Get started today.

Log on to **myEVHCBenefits** and visit the **myHealthCenter** tab to take your Health Assessment.



*Rewards are not offered on all plans. Check your specific plan for details.

This program is powered by ActiveHealth

