

# FINDING BALANCE WITH **WHOLE** PERSON HEALTH

We're in one of the longest periods of unrelieved stress in modern history. Our health — physical, mental, societal and social is taking a hit.



Keeping it all together isn't always easy.



**36%**

of people aren't sleeping as well<sup>1</sup>

**32%**

of people aren't eating as well<sup>1</sup>

**10%**

of people said their chronic conditions are worse due to worry and stress<sup>1</sup>

**12%**

increase in alcohol consumption and drug use<sup>1</sup>

**30%**

increase in overdose deaths<sup>2</sup>

At ActiveHealth, we focus on **whole person health** supported by **intelligent technology**.



**58%** of engaged members improved their blood pressure<sup>3</sup>



**42%** of engaged members showed improvement in risk markers for depression<sup>3</sup>



**26%** of engaged members are sleeping better<sup>3</sup>



**39%** of engaged members lowered their stress<sup>3</sup>

**42%** felt better about their overall health<sup>3</sup>

Our members find balance in **BODY, MIND AND SPIRIT**



**CONTACT US** to learn more

<sup>1</sup>Kaiser Family Foundation. The Implications of COVID-19 for Mental Health and Substance Use. Available at [kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/](https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/) Accessed January 4, 2022.

<sup>2</sup>Centers for Disease Control and Prevention. Drug Overdose Deaths in the U.S. Top 100,000 Annually. Available at [cdc.gov/nchs/pressroom/nchs\\_press\\_releases/2021/20211117.htm](https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2021/20211117.htm) Accessed January 4, 2022.

<sup>3</sup>ActiveHealth book of business data Q3 2021. Engagement rates reflect a mix of coaching strategies, including digital, live group and one-to-one support.

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