



Lifestyle and condition coaching

Better health outcomes and proven cost savings – you can have both.

Human resource leaders must balance controlling costs and offering well-being solutions that engage and motivate employees on their path to better health. With ActiveHealth, you can do both. We help improve health outcomes for all employees, especially those who are vulnerable and more difficult to engage.

Members love it and your CFO will too

As you consider your well-being strategy, ask yourself if your solution includes these three important steps.

1 Identify

Are you harnessing data and analytics to focus personalized well-being resources on your most vulnerable and difficult-to-engage members?

2 Engage

Do you have a team of highly trained specialists maximizing engagement, making outbound calls to vulnerable members and connecting with them on a personal, rather than purely clinical, level?

3 Motivate

Are you keeping members motivated by focusing on specific opportunities to improve health while addressing clinical and non-clinical barriers to success?

The ActiveHealth Lifestyle and Condition Coaching program includes all three steps. This highly configurable well-being solution can be tailored to your specific needs and goals.

Measurable results

A two-year study validated by a third party has shown that our members can achieve their goals and improve their health outcomes while our clients realize cost savings and a proven return on investment.



\$27.49 in cost savings per identified member, per month¹



20% reduction in inpatient costs for identified members¹



3.6:1 return on investment¹

The study was validated by an independent third party, Validation Institute.



ValidationInstitute

¹ Lifestyle and Condition Coaching year two follow-up study (October 2020) The study was a non-randomized, intent-to-treat, retrospective cohort study. The study group included commercial members identified for the Lifestyle and Condition Coaching (LCC) program in 2018 and 2019 – 14,077 members for the year 2 analysis. The control group included commercial members who did not have the LCC program but met identification criteria – 37,840 members in the year 2 analysis.

How it works

We use sophisticated analytics and evidence-based clinical rules to find members with specific, actionable opportunities to improve their health.

Multi-channel engagement options allow members to choose the type and intensity of support that works for them. Highly trained nurses and coaches have experience engaging with at-risk and vulnerable members who are less likely to engage digitally.



Digital engagement

Self-directed features like a health assessment, challenges and goal-setting tools combine with evidence-based Health Actions and nudges to keep members moving forward



Live support

Experienced nurses and coaches create connections with members in one-to-one interactions and live, online group classes

Lifestyle coaching offers support for people who are healthy and want to stay that way and for those struggling to make managing their health a priority. Areas of focus include:

- Stress management
- Sleep
- Healthy eating
- Physical activity, and more

Condition management connects members with trained nurses who can help them set health goals and develop personalized plans for achieving them. Support is available for 19 primary conditions, including top health care cost drivers like:

- Heart disease
- Diabetes
- Obesity
- Back and neck pain, and more

Ready to learn more about how our solution can work for you?
Call your ActiveHealth representative or visit us at [ActiveHealth.com](https://www.ActiveHealth.com).



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Because the benefits, programs, services, member incentives, list prices and reimbursement rates vary significantly among health plans, the impact and total savings related to the Lifestyle and Condition Coaching program may vary by plan, and implementation of the program with a particular plan may not result in total cost savings or similar results.

Proprietary