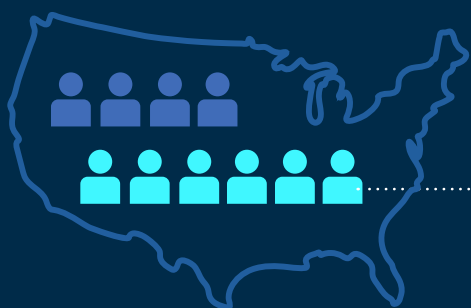


CONNECT. MOTIVATE. EMPOWER.

Lifestyle and Condition Coaching

6 in 10 Americans have at least one chronic condition¹

The most expensive chronic conditions have direct links to unhealthy behaviors.



Annual costs:

\$363 billion heart disease and stroke²

\$327 billion diabetes²

\$240 billion cancer²

\$173 billion obesity²

¹cdc.gov/chronicdisease/about/index.htm

²cdc.gov/chronicdisease/about/costs/index.htm

Let's find ways to adopt healthier habits, together.



How do we find people?

We use the Active Health Index to:



Look for specific **primary conditions and lifestyle risk factors**



Acquire clinical and social context, including **social determinants of health**



Stratify for risk and recommend an appropriate type and intensity of support

High-tech to high-touch support

Today's workforce ranges in age from late teens to retirement ready. They have different expectations and needs as they manage their health. So we're prepared to support them in ways that fit naturally in their lives.

24/7 access to digital resources for web and mobile

Live, online group coaching classes led by experienced coaches

One-to-one connections by telephone or telehealth-style chats

In-person support*

Multi-channel journeys addressing high-impact conditions, like heart health and weight management

*In-person support is available in an onsite program buy-up and as part of the weight management journey for eligible members.



Proven results

A two-year study of over 14,000 commercial members shows that the program both engages and motivates members on their path to better health and delivers measurable savings.³

Key results included:

\$27.49 medical cost savings per identified member, per month

20% reduction in inpatient costs for identified member

24% reduction in acute inpatient admissions

Study results were validated by an independent third party, Validation Institute.



³Lifestyle and Condition Coaching year two follow-up study was a non-randomized, retrospective program quality analysis study. Study group: 14,077 commercial members identified for the LCC program in 2018 and 2019. Comparison group: 37,840 commercial members where LCC was unavailable but who otherwise met identification criteria. Statistical significance threshold $p \leq .1$.

[LEARN MORE](#)

about how our Lifestyle and Condition Coaching program can help meet your organization's health and well-being goals.



Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

ActiveHealth does not guarantee similar results for any particular employer. Results vary by plan design, and programs selected. 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.