



CONNECT. MOTIVATE. EMPOWER.

Lifestyle and Condition Coaching

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.



6 in 10 Americans have at least one chronic condition¹

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

Annual costs:

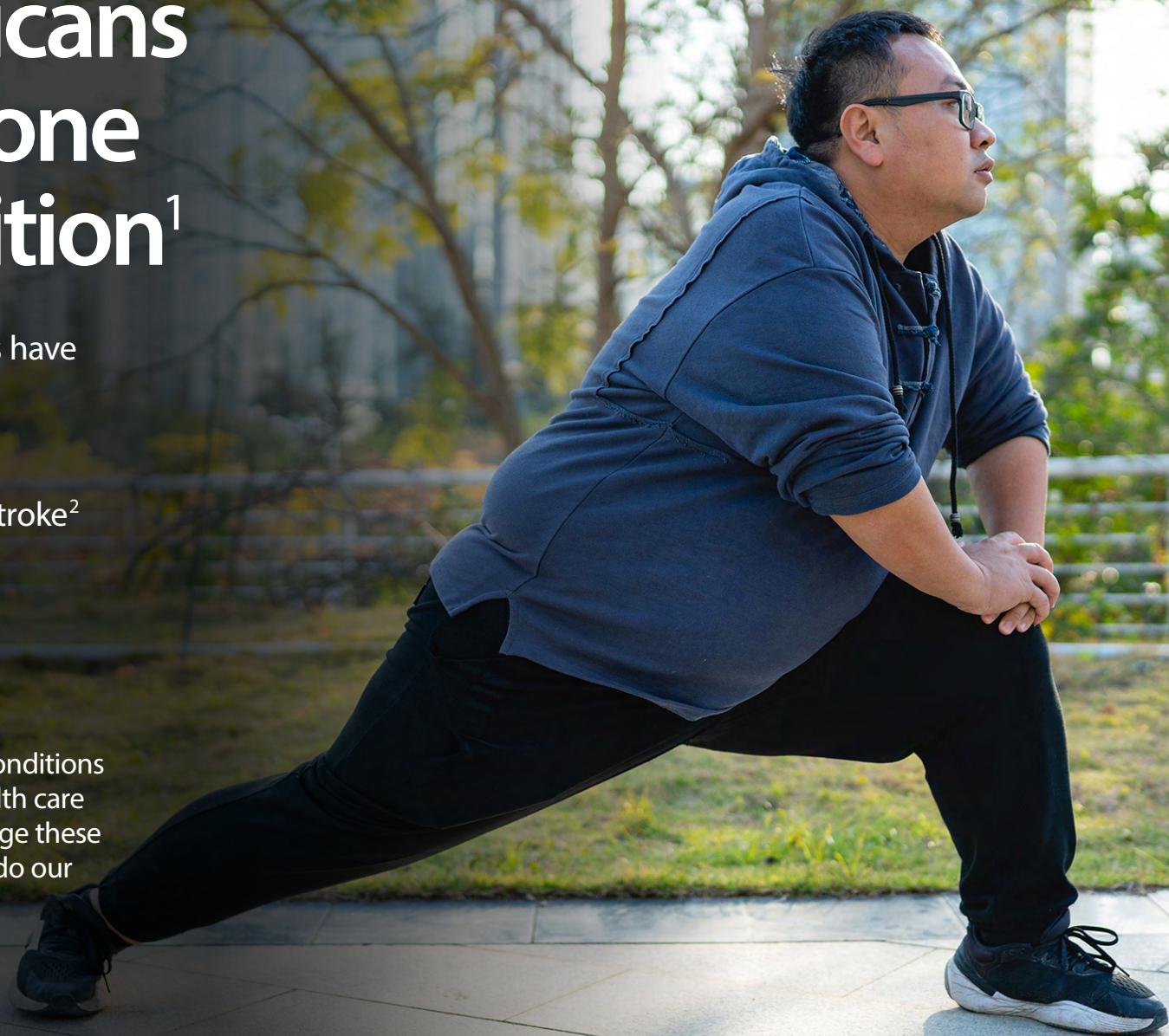
\$363 billion heart disease and stroke²

\$327 billion diabetes²

\$240 billion cancer²

\$173 billion obesity²

Helping people successfully manage these conditions can improve health outcomes and lower health care costs.³ However, it's not enough to just manage these conditions once they already exist. We must do our best to prevent them in the first place.



Let's talk about how to reverse these trends, together.

¹[cdc.gov](https://www.cdc.gov)

²Annual costs from [CDC.gov/costs](https://www.cdc.gov/costs)

³Lifestyle and Condition Coaching year two follow-up study (October 2020)

Centered on the whole person

Lifestyle and Condition Coaching (LCC) isn't like traditional condition management and lifestyle coaching programs that simply look for the presence of a specific physical or mental health issue, like diabetes, obesity or depression. LCC recognizes the interconnectedness of body, mind and spirit.



Explore how our whole person approach can work for you.

Driven by sophisticated analytics

Our Active Health Index is a multidimensional exploration of a person's health profile, their clinical and social risks and the opportunities that we have to make a difference. It identifies members based on pre-defined criteria and then stratifies them for program support based on other information, like social risk factors and the presence of co-existing conditions.

This is critically important because

4 in 10

American adults have more than 1 chronic condition¹

And more than

70%

of people with chronic conditions experience symptoms of depression.⁴

Let's measure the health
of your population, together.

⁴Healthcare.RTI.org

Addressing conditions and behaviors that cause them

Chronic conditions

- Arthritis – osteoarthritis and rheumatoid arthritis
- Asthma*
- Chronic back and neck pain
- Chronic hepatitis – B and C
- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease
- Diabetes*
- End stage renal disease
- Heart failure
- High blood pressure*
- High cholesterol
- Inflammatory bowel disease/ Crohn's
- Migraines
- Obesity (BMI > 30)*
- Seizures
- Ulcerative colitis

Lifestyle focus areas:

- Elevated blood pressure
- Exercise management
- General health education
- Metabolic syndrome
- Nutrition management
- Pre-diabetes
- Sleep
- Stress management
- Tobacco cessation
- Weight management
- Women's health

We also screen every member for depression and help them connect with available employer-sponsored and national resources.

*Adult and pediatric programs

[Schedule a call](#) for a deeper dive into identification.

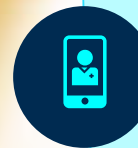
Built for today's workforce



Our members have different needs and expectations when it comes to managing their health. We recommend the type of support that might best fit a member's need but, our multi-channel engagement strategy lets members choose how and where to engage with us.

High-tech to high-touch support

- **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**



Let's talk about how we can engage your members.

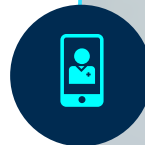
*Onsite support is available as a buy-up and in-person support is included as part of the weight management journey.

Focused on high-impact topics

Curated journeys give members an immersive experience designed to help them understand how the choices they make affect their health.

Each journey includes a mix of support:

- **One-to-one** telephonic connections with an experienced coach
- **Live, online**, multi-week group coaching sessions
- **Connected wireless devices**, like blood pressure cuffs and scales
- **In-person support** at specified intervals where available*



[Let's talk](#) about how we can engage your members.



*In-person support is currently only part of the weight management journey.

Proven results

A two-year study of over 14,000 commercial members shows that our program both engages and motivates members on their path to better health and delivers measurable savings.^{3,5}

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

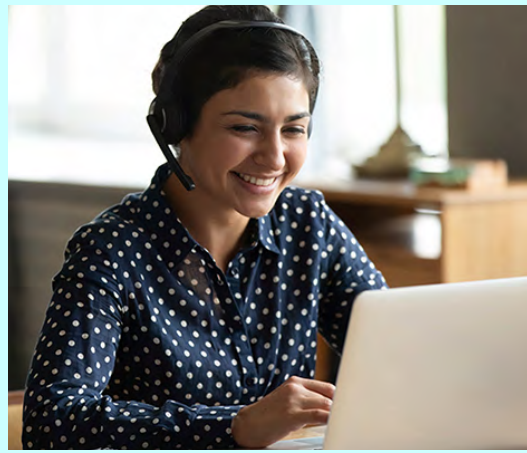


ValidationInstitute

How much money could you save?
Let's talk.

³Lifestyle and Condition Coaching year two follow-up study (October 2020)
⁵ActiveHealth does not guarantee similar results for any particular employer.

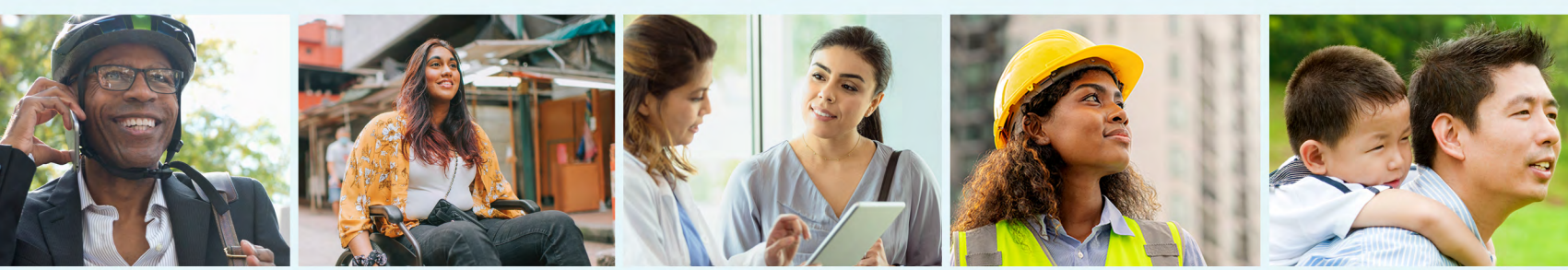
Get to know **ActiveHealth**



ActiveHealth Management has been an innovator in applying science-based coaching and technology solutions to address real-world problems in health care for 25 years.

We combine powerful predictive analytics with personalized digital and live experiences that address each member's unique needs to maintain or improve their health and well-being. Self-directed digital resources as well as virtual, telephonic and onsite human connections let members choose where and how to work on their health goals.

We help people achieve their best health in body, mind and spirit — one person at a time.



Contact us at [ActiveHealth.com](https://www.ActiveHealth.com)
to learn more.



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Lifestyle 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 $p < .1$.

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.

