

A Simpler Health and Well-being Experience and Higher Quality Care



You know that achieving health and well-being isn't always easy. The health care experience can be confusing and impersonal. We're here to change all that. With ActiveHealth Management, your employees will have a highly personalized, simple experience designed to inspire and delight them as they meet their health and well-being needs.

How do we do it?

The key to personalization and a simple experience is data – what we know and how we use it. Powerful predictive analytics



analyze clinical, behavioral, self-reported and consumer data. The result is a 360 degree view of each of your employees. That lets us craft a highly relevant and personalized experience that includes practical insights, digital tools and extensive support. And your employees can connect whenever, wherever, however it best suits their lifestyle.

Find intrinsic motivators

Your employees have the best chance for long-term success when they have goals with strong intrinsic motivation. We'll help them make lasting behavior changes using three effective techniques.

1. Understanding the “why” with motivational interviewing and other self-determination tactics
2. Personalizing the “how” using the power of integrated data analytics and clinical support
3. Keeping members motivated with strategic and timely nudges

Your employees are unique. They should expect to have an experience that meets their specific needs. Their action plans will help your employees make the most of the benefits you provide.

\$25 per member, per month savings¹

Maximize your benefit strategy

According to the Centers for Disease Control and Prevention, employers in the United States incur \$225.8 billion in productivity losses linked to absenteeism each year.² Your business will be healthiest when your employees are too. We play a unique role in helping you keep your employees healthy. We're doing the hard work that makes it easy for members to engage. We work with you, your employees and their providers to help your employees access to high quality care and achieve their best possible health.



Power Personal Insights

We're always striving to be better, faster and more insightful. The power of integrated data – consumer, behavioral, pharmacy, clinical, device, financial, provider and more – helps us identify and act on health opportunities sooner than we ever have before.

Our innovative Active Health Index measures ten dimensions of health and well-being to create an accurate measurement of actual and ideal health for each person. Using these scores, we can help prioritize actions based on urgency and possible impact.



Amplify Engagement

Access and choice is everything. Your employees won't engage if it's hard. So, we make it easy. Omni-channel access – digital tools, including a fully enabled mobile app, text messages, phone calls or in-person connections – means they can interact when and how they want.

89% completed
health risk assessment³

25 minutes average
time spent in digital coaching session⁴

2.5 million
digital topics completed⁵

98%
member satisfaction⁶



Advance Health & Well-being

Your employees need relevant, timely and targeted information that's coordinated and actionable.

- Health Actions will help them identify opportunities for health improvements.
- We can share information with their providers to optimize the impact of their care plan.
- Access to on-site coaches further advances health and well-being in a local setting.

We'll help your employees embrace and achieve their best health and well-being. As they become healthier, they'll have fewer absences and better focus at work. And that gives your business the best chance for long-term health, cost-savings and success.

¹ 2016 ActiveHealth Management book of business savings calculated by comparing actual and expected trend data. Because the structure, services, programs, member incentives, list prices, and reimbursement rates vary significantly among health plans, the impact and total savings related to the ActiveHealth programs and services may vary by plan and implementation with a particular plan may not result in total cost savings. ² CDC Foundation. Worker Illness and Injury Costs U.S. Employers \$225.8 Billion Annually. Available at: <https://www.cdcfoundation.org/pr/2015/worker-illness-and-injury-costs-us-employers-225-billion-annually>. Accessed December 12, 2017. ³ ActiveHealth Management book of business results, July 2017 ⁴ ActiveHealth Management internal data, July 2017 ⁵ ActiveHealth Management book of business results, June 2017 ⁶ ActiveHealth Management book of business results January 1 – December 31, 2016