

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 well¹

32%

of people aren't eating as well¹

10%

of people said their chronic conditions are worse due to worry and stress¹

12%

increase in alcohol consumption and drug use¹

30%

increase in overdose deaths²

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



58% of engaged members improved their blood pressure³



42% of engaged members showed improvement in risk markers for depression³



26% of engaged members are sleeping better³



39% of engaged members lowered their stress³

42% felt better about their overall health³

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



CONTACT US to learn more

¹Kaiser 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.

²Centers 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.

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

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.