



Preventive Care that Improves Employee Health... and your Bottom Line.

Let us show you how.



Healthier Employees and Greater Savings? Yes! We've proved it.

At EHE Health, our comprehensive, evidence-based preventive care provides 100% of the recommended screenings, far exceeding a typical annual exam with a primary care physician, resulting in more health conditions being found sooner.

Some of what sets EHE Health apart:

- ✔ **Easy Implementation:** Claims are paid directly through your health plan
- ✔ **No PEPM Commitment, and No Implementation Fees:** Cost is strictly based on utilization
- ✔ **Omnichannel Outreach:** Directly connecting with members to drive increased preventive care utilization, "engaging the unengaged"
- ✔ **Point Solutions Integrations:** Directing members to your healthcare Point Solutions, increasing utilization
- ✔ **Nationwide Footprint:** Equitable access to care through a national network of over 400 board certified physicians



↓ **14%**
Lower
**Medical
Cost**



↓ **26%**
Fewer
ER Visits



↓ **35%**
Fewer
**Inpatient
Admits**

*Compared to a traditional primary care group.

What our clients are saying:

“

Prevention is not a perk, it is a necessity...I see EHE as the umbrella that sits above many of our healthcare offerings, driving increased utilization across our portfolio of benefits.

“


What EHE does best is offering comprehensive preventive care and helping people navigate the complex healthcare landscape.

“

EHE is a core offering... they have stepped up by increasing wellbeing coordinators and popups, and help significantly more than any of our other medical programs.

The EHE Health Difference

A leader in preventive care for more than 100 years, EHE Health identifies and lowers risks with personalized screenings and resources that support your employees for a healthier future. Our comprehensive approach includes screenings and services not typically offered in regular PCP exams. And that can make all the difference since early detection is the best protection.

	SERVICES	EHE HEALTH  ¹	PRIMARY CARE PHYSICIAN
EXAM	Cardiovascular Health Assessment	11 risk-based screenings offered	Varies by clinician
	Measurements for Mental Wellbeing	11 risk-based assessments provided 100%	<40% of office-based primary care physicians provide depression screenings ²
	Musculoskeletal Assessment	Included	Not included
	Nutritional Assessment	Included	Varies by clinician
	Physician Consultation	45-60 minutes	Avg. 17-24 minutes ³
	Preventive Screenings ⁴	100% of recommended screenings	On average, just 54% of recommended screenings ⁵
	Stage of Change Assessment	Included	Not included
	Work-Life Balance	13-question assessment	Varies by clinician
POST-EXAM	Health Report	Comprehensive report including labs, EKG and recommendations for next steps	Typically, not provided
	Health Coaching	Year-round	Not included
	Ongoing Vaccinations	10 vaccines offered for a full year after exam	>50% of physicians refer adult patients elsewhere for vaccinations ⁶
	Referral Services	Full	Limited
	Travel Medicine	Complete consultation with certified staff, full inoculations	None

EHE Health's Navigation Team will assist in scheduling specialist appointments as needed.

- Colonoscopy
- CT Calcium Score
- Abdominal Aorta
- Ultrasound⁷
- DEXA Scan⁸
- Lung CT Scan⁹
- Mammography
- Peripheral Artery
- Disease Assessment¹⁰

1. Exam components are subject to change based on availability, location, and patient's needs. 2. Akincigil, Ayse, and Elizabeth B. Matthews. "National rates and patterns of depression screening in primary care: results from 2012 and 2013." *Psychiatric services* 68.7 (2017): 660-666. 3. MedScape Physician Compensation Report 2018. 4. As recommended by U.S. Preventive Services Task Force (USPSTF) guidelines. 5. Shires, D. A., Stange, K. C., Divine, G., Ratliff, S., Vashi, R., Tai-Seale, M., & Lafata, J. E. (2012). Prioritization of evidence-based preventive health services during periodic health examinations. *American journal of preventive medicine*, 42(2), 164-173. 6. Campos-Outcalt, D., Jeffcott-Pera, M., Carter-Smith, P., Schoof, B. K., & Young, H. F. (2010). Vaccines provided by family physicians. *The Annals of Family Medicine*, 8(6), 507-510. 7. 65 and older. 8. 50 and older, with risk factors. 9. 55 and older, with risk factors. 10. 50 and older. *This benefit is provided by your company at no additional cost to you.

A Note from Our Chief Medical Officer

I've been practicing medicine for decades, so I know about many health options. I can assure you that EHE Health offers something truly essential for your employees' health—a preventive benefit that has improved and saved many lives for more than 100 years.

Our year-long preventive care program starts with the EHE Health Pulse Physical, a comprehensive in-person exam. So thorough, it offers 100% of the screenings recommended by the U.S. Preventive Services Task Force, including the important areas of mental wellbeing, nutrition and fitness. Standard physicals offer only 54%.*

Going far beyond a standard check-up or yearly physical, our exam identifies risks early and gives your employees a clear action plan so they don't develop into serious problems. This is especially important for minority populations, who may not experience equitable access to care.

At the end of their exam, they'll have an unrushed consultation with an EHE Health physician to answer their questions, discuss their lifestyle and habits, and review any immediate results. They will then be sent an in-depth report and follow-up recommendations, as medically necessary, for additional tests such as a lung CT scan, coronary artery score or breast ultrasound, all coordinated with the help of EHE Health Navigators and included in the EHE Health bundle of services.

In addition, they'll get year-round, unlimited one-on-one coaching with their own Health Coach, as well as assistance with finding a primary care provider, specialists, updating their vaccinations, and much more.

No matter what their age, having a thorough preventive exam every year is vital. So, I urge you to speak to us now.

In good health,



Jackie King, MD, FAFAP, DipABLM
Chief Medical Officer

*Shires, D. A., Stange, K. C., Divine, G., Ratli, S., Vashi, R., Tai-Seale, M., & Lafata, J. E. (2012). Prioritization of evidence-based preventive health services during periodic health examinations. *American journal of preventive medicine*, 42(2), 164-173.

Can Increasing Adult Preventive Care Reduce Costs and Lower Medical Trend?

Yes! We've proved it.

EHE Health commissioned a multi-employer, multi-year claims analysis to measure the impact of its adult preventive health program on healthcare costs, utilization and quality. More than 35,000 adults were represented in the study, including over 10,500 EHE Health users and 10,500 traditional primary care users.

Key findings include:

- ✓ **Lower Costs and Trend:** EHE Health costs averaged 8% lower compared to the employers' general population of adults and 14% below the traditional primary care group who engaged in prevention outside of EHE Health. Medical trend for the EHE Health cohort was -1.3% compared to 4.8% overall for the employers and 6.4% for the traditional primary care group.
- ✓ **Fewer Emergency Room and Inpatient Admissions:** Approximately 26% fewer emergency room visits and well over one-third less non-maternity related inpatient admissions.
- ✓ **Higher Quality:** Preventive screening services, including recommended annual chronic disease testing, flu vaccinations and cancer screening procedures significantly exceeded benchmark performance rates.

These results demonstrate that EHE Health's adult preventive care outperforms traditional primary care and delivers more member value through more complete preventive services, lowering overall costs and medical trend.

Find out how **EHE Health** can help your company save on **medical costs**.



Call
844.943.1496



Visit
ehe.health/for-employers



Email
sales@ehe.health