



## **Support your employees in their health and well-being during this challenging time!**

**Our whole person health virtual programs help to create a culture of caring and collaboration that support your employees as they continue to navigate these uncertain times.**

**Our newest virtual programs include:**

*Resilience... Building Strength to Overcome Obstacles  
Navigating this New Normal  
How to Eat Smart During High-Anxiety Times*

**Please connect with us:**

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**[www.adventhealth.com/business/health-performance-strategies](http://www.adventhealth.com/business/health-performance-strategies)**



AN INNOVATIVE AND MORE ACCESSIBLE APPROACH TO MENTAL HEALTH CARE



- ✓ 100% Virtual Counseling
- ✓ Treating the broad spectrum of mental health conditions
- ✓ Individual counseling
- ✓ High impact, multi-layered treatment program for PTSD
- ✓ Innovative addiction program combining the gold standard of MAT treatment and virtual behavioral counseling
- ✓ Evidence-based metrics, proven effectiveness
- ✓ High client satisfaction, low no-show rates

Working directly with individuals, insurance carriers, self-insured employers, TPA's, non-profits and other professional partners

[www.ehomecounselinggroup.com](http://www.ehomecounselinggroup.com) | 833.403.4663

# Digital Care Anytime, Anywhere



- Digital coaching driven by artificial intelligence
- Real-time feedback on how to manage chronic conditions
- Specific clinically-based education modules
- Suite of features to support lifestyle changes related to food, activity and medication adherence
- Employees can share progress with their health care team.
- Proven results and cost savings



DIABETES



HYPERTENSION



HEART  
FAILURE



PREDIABETES



BEHAVIORAL  
HEALTH

*“The miracle of modern science is not a new pill. It is a smartphone app called BlueStar”  
-The Economist*