



Preventive Care for Healthier Employees

For more than 100 years, EHE Health has been the leader in preventive healthcare.



A Note from Our Medical Director

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 health —a preventive benefit that has improved and saved many lives for more than 100 years.

The EHE Health Pulse™ Physical is our signature, preventive in-person exam. So thorough, it offers 100% of the screenings recommended by the U.S. Preventive Services Task Force. Standard physicals offer only 54%. In fact, Pulse Physical can complement the services you receive from your primary care doctor.

Going far beyond a standard check-up or yearly physical, our exam identifies risks early and gives you a clear action plan so they don't develop into serious problems.

At the end of your exam, you'll have a consultation with an EHE doctor for as long as you need to answer your questions, discuss immediate results, and your lifestyle and habits. After your exam, you'll receive an in-depth report and specialist referrals from the doctor, if needed.

In addition, you'll get access to the Health Navigation Center for year-round preventive resources. This includes one-on-one coaching with your own Health Mentor, getting connected with specialists and follow-up care, updating your vaccinations, and much more.

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

In good health,



Dr. Jacqueline King
Medical Director

More Than an Annual Exam

We offer ongoing health and lifestyle support.

Our Health Navigation Center helps you to be your healthiest self with ongoing, personalized guidance and tools targeted for your specific needs.

These resources—available year-round and included in your benefit at no additional cost—put you in position to lower your risks, reach your health goals, and feel protected wherever life takes you.

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**Whenever
I needed help,
I got it.
From the moment
I left my exam,
they took care
of me.**

- EHE HEALTH MEMBER

Health Mentorship

One-on-one customized coaching with a credentialed Health Mentor, who can help with nutrition, fitness, mental health, and more. Sessions are convenient (by phone or video) and unlimited—and the results can be life-changing.

Referral Services

Need a specialist? We'll connect you. Our team can highlight physicians available through your plan and help you schedule an appointment. We can also share your in-depth EHE Health report, so they have all the information they need.

Benefits Coordination

Your company provides many other great benefits—some you may not even realize you have—that can supplement your care. We'll help you take full advantage of all available resources to ensure you have the healthiest year.

Vaccinations

You can return for inoculations throughout the year. Flu shots, COVID-19 boosters, vaccines needed for foreign travel—they're all available.



Manage Your Exam Experience

Safe and secure from anywhere

24 / 7 / 365

Member can easily:

- ✓ Complete Health Assessment Pre-exam
- ✓ Access Results Reports (EKG, blood test results, etc.)
- ✓ Book Health Mentor Sessions
- ✓ Get Referrals for Follow-up Care to in Network Providers
- ✓ Retrieve Health Records
- ✓ Schedule Future Exams



What you need, when you need it.
Year-round.

Book Your Exam

Sign In

Enter your information below to take the first step on your preventive health journey.

First Name

Last Name

Date of Birth

MM/DD/YYYY

Check eligibility and book



Book My Exam

888.672.8172

My Health

My Mentors

My Appointments

Messages

Account

Help


Portal Tour

Sign Out

my.ehe.health

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 you 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 your best protection.

	SERVICES	EHE HEALTH 	PRIMARY CARE PHYSICIAN
EXAM	Cardiovascular Health Assessment	11 risk-based screenings offered	Varies by clinician
	Measurements for Mental Wellbeing	11 risk-based assessments provided	<5% of office-based primary care physicians provide depression screenings ²
	Musculoskeletal Assessment	Included	Not included
	Nutritional Assessment	Included	Varies by clinician
	Physician Consultation	30-60 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
	Health Mentoring	Year-round	Not included
POST-EXAM	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.

- CT Calcium Score
- Abdominal Aorta
- Ultrasound⁷

- DEXA Scan⁸
- Lung CT Scan⁹
- Peripheral Artery

- Disease Assessment¹⁰
- Mammography

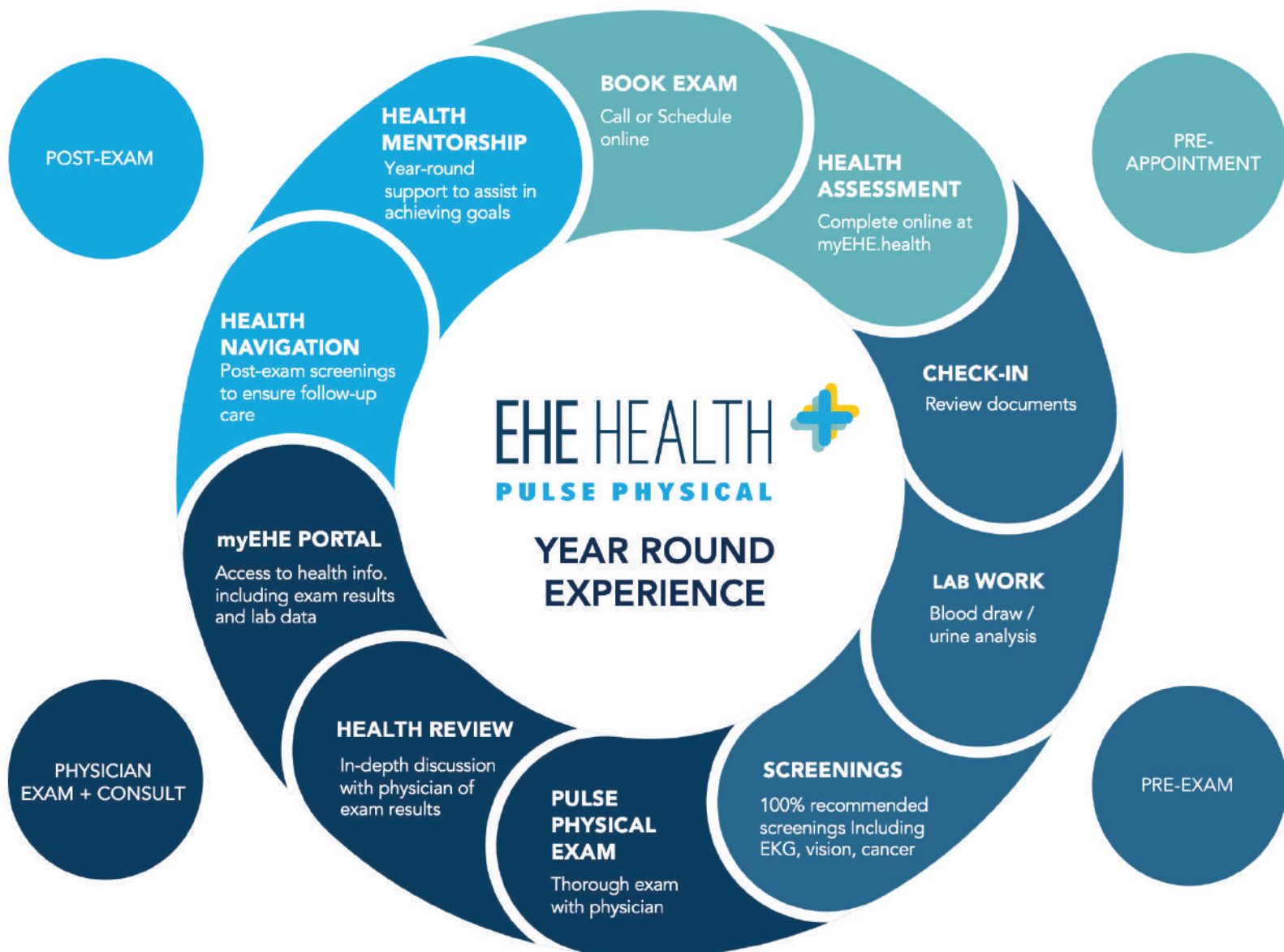
- Colonoscopy

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.



Here's what your EHE Health experience looks like.

Get 100% of the preventive screenings and resources for a healthier future.





Have questions?

Please reach out to learn more.

sales@ehe.health