



**Telligen**<sup>®</sup>  
Health & Well-Being

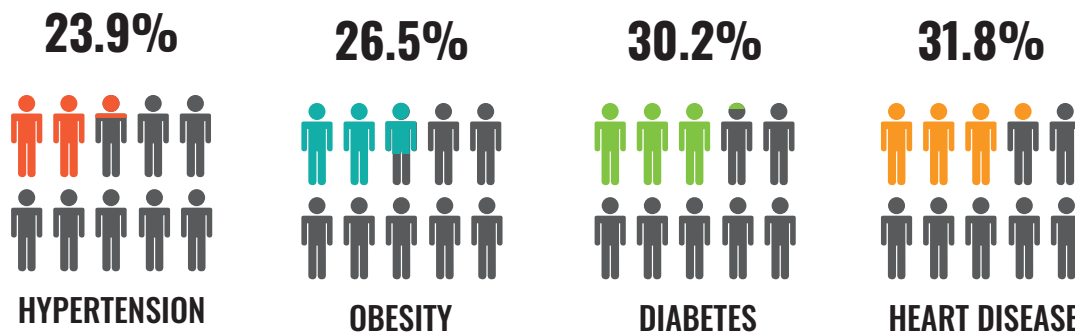
# HEALTH COACHING DURING A PANDEMIC

## Reduce Member Risk by Improving Health

Though people of all ages are affected by COVID-19, many of those who develop severe complications after contracting it have pre-existing health conditions. A study published in the Journal of the American Heart Association found that among the more than 900 000 people hospitalized for COVID-19 in the US through November 2020, nearly two-thirds (63.5%) were attributable to four conditions: obesity, hypertension, diabetes, and heart failure. In other words, these hospitalizations might not have occurred if these conditions had not been present.

### RISK OF HOSPITALIZATION BY PRE-EXISTING HEALTH CONDITION

Unvaccinated individuals with the following conditions are at the most risk of hospitalization if infected with COVID-19



With the clear correlation between health and response to the COVID-19 outbreak, it's now more important than ever to address your workforce's risk factors to improve health outcomes in any situation that arises, whether it be a pandemic, an individual health crisis or an accident, or whatever else impacts your members' health. Telligen's certified Chronic Care Professionals, nurses and diabetic educators build relationships with members and their families and/or caregivers to understand their conditions, coordinate healthcare treatments and collaborate with providers on evidence-based practices to improve the health of members and manage costs.

### PROGRAM RESULTS BY THE NUMBERS



Program  
ROI of  
\$2.10:1



41%  
Improvement on  
Blood Glucose



41%  
Improvement  
on BMI



40%  
Improvement of  
Risk Factors



For more information, contact **Ami Bolles (Director Account Management)**



(888) 323-8431



1776 West Lakes Pkwy  
West Des Moines, IA 50266



abolles@telligen.com



www.telligen.com