



Put your health first

You can't take care of others without taking care of yourself first. Our Pulse Physical™ exam provides 100% of the tests you need* and more time with a doctor to ask questions. You'll get a complete picture of your health so you can lower your risks and feel your best for those around you, too.

Plus, after your exam, you'll get personalized guidance and year-round resources to support you to be your healthiest now and in the future. All at no additional cost to you.

*We provide 100% of the tests recommended by the U.S. Preventive Services Task Force.



Meet your goals with one-on-one Health Mentorship

- + Expert-led resources for nutrition, fitness, mental health, and more
- + Support and motivation to improve daily habits
- + Personalized and available year-round after exam

Learn more today! Visit www.ehe.health/archdiocese or call **1.844.402.3501**



The EHE Difference

Your EHE Health benefit—provided by the Cardinal as an investment in your wellbeing—is like no other healthcare experience.

	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 Screenings⁴	100% of recommended screenings	On average, just 54% of recommended screenings ⁵
	 Work-Life Balance	13-question assessment	Varies by clinician
	 Health Mentoring	Year-round	Not included
POST-EXAM	 Ongoing Vaccinations	10-12 vaccines available including flu, hepatitis, and shingles	>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's Healthcare Navigation Team will assist in scheduling additional services. Services may be performed at a different location/on a different day from your exam.

- CT Calcium Score
- Abdominal Aorta
- Ultrasound⁷

- DEXA Scan⁸
- Lung CT Scan⁹
- Peripheral Artery

- Disease Assessment¹⁰
- Mammography

- Colonoscopy
- FIT Test
- Pap Test

Your exam includes general assessments such as vision and hearing, as well as cancer screenings and more. **All at no additional cost to you.**

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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.