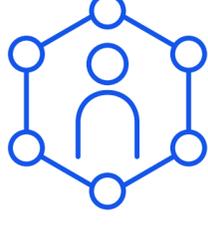


How A Whole-Person Approach To Health Is Shaping The Future Of Employee Benefits



From Fragmented Care To Whole-Person Care

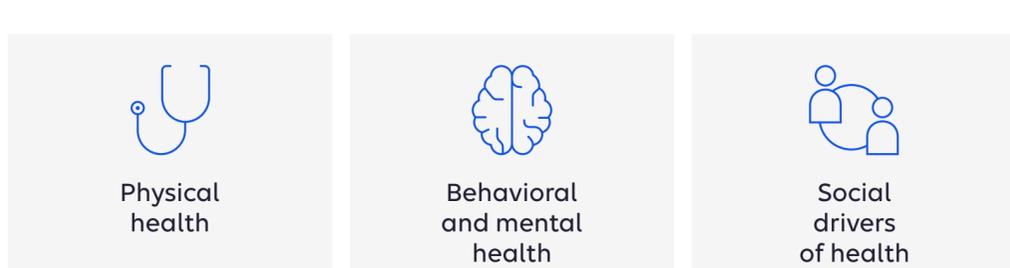
Whole-person care paves the way for a new approach to healthcare.¹ By linking physical, behavioral, and social drivers of health services, it provides employees with integrated support that addresses all aspects of their health and wellness.

Today's Disconnected Care Model

- Healthcare experiences extend far beyond the clinic or doctor's office
- Employees must navigate mental health, financial wellness, and social needs
- Care remains fragmented
- Employees are left to piece together disconnected services

The Whole-Person Care Connection

The whole-person care model treats employees as individuals. This model delivers coordinated care tailored to each employee by integrating these aspects and fostering collaboration among care providers, employers, and communities by incorporating:



Why Whole-Person Health Matters

- Integrated whole-person care improves health outcomes
- Aligns services around the full spectrum of employee needs
- Reduces avoidable readmissions
- Supports employee engagement, productivity, and resilience

By The Numbers



How A Whole-Person Approach To Health Helps Employees

A whole-person approach to health ensures seamless care across different care providers and settings, reducing gaps in care and helping to lower costs. Employees receive timely interventions and continuous support.



- Older care models were fragmented, leading to poor outcomes
- Treats the entire individual
- Recognizes health is shaped by physical, behavioral, and social factors
- Creates coordinated care plans aligned to individual goals

How Employers Can Support A Whole-Person Approach To Health

Employers can significantly influence healthcare outcomes by choosing benefits and partners that support whole-person care. Their decisions while designing their employee benefits programs can help to integrate physical, behavioral, and social needs.



By The Numbers

- **Post-Acute Care:** **Millions** saved through optimized utilization⁴
- **Palliative Care:** **\$890–\$3,480** savings per member per month (PMPM) across 200,000+ patients⁵
- **Behavioral Health:**
 - **20%** reduction in suicidal events⁶
 - **30%** reduction in behavioral health spending PMPM⁶

Whole-Person Care And Technology



By connecting care providers, employees, and care teams through digital platforms like Anthem's Sydney[®] Health app, technology allows for a whole-person approach to health, and at scale. Data sharing ensures care across physical, behavioral, and social health services is connected.



The Future Of Whole-Person Care

The whole-person care model is becoming the standard, with employers, providers, and health plans creating care models that factor in all aspects of health.

Advances in digital health and data-driven insights will enable earlier interventions, more coordinated transitions across care settings, and deeper engagement from employees in managing their own health. This creates unique opportunities that will help to boost workforce resilience, employee experience, and well-being.



1 National Center for Complementary and Integrative Health: *Whole Person Health: What It Is and Why It's Important* (accessed January 28, 2026). nccih.nih.gov
2 Centers for Medicare & Medicaid Services: *2024 National Impact Assessment of the Centers for Medicare & Medicaid Services (CMS) Quality Measures Report (2024)*. cms.gov
3 Centers for Disease Control: *Outpatient Follow-Up Visits to Reduce 30-Day All-Cause Readmissions for Heart Failure, COPD, Myocardial Infarction, and Stroke: A Systematic Review and Meta-Analysis* (September 26, 2024). cdc.gov
4 Carelon: *Facility-Based Post-Acute Care Case Study* (accessed January 29, 2026). carelon.com
5 Carelon: *How Carelon's Palliative Care services improve patient outcomes and provide value-based care* (accessed January 29, 2026). carelon.com
6 Carelon: *Case study: success stories from Carelon Behavioral Health's Suicide Prevention Program (SPP)* (accessed February 2, 2026). carelon.com
Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.
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