WE DRIVE MAXIMUM ENGAGEMENT
Agenda – Healthy Living

Approach & Platform

App Experiences

Case Study
Healthper’s Well-being Cycle

- **Awareness**
- **Participation**
- **Engagement**
- **Outcomes**

**INSPIRE**
- Inspire

**ASSESS**
- Assess

**ENGAGE**
- Engage

**REWARD**
- Reward

**MEASURE**
- Measure

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On September 14th 2016 I made a decision to change my life to a Healthier life style. At 45 I started at 305lbs with a waist size of 45 inches body fat of 60.1 percent. Fast forward to today. I have stuck with it and on September 14 2020 will be my 2 year anniversary. At 46 soon to be 47 I currently weight 214lbs waist size is 34inches body fat index of 22.2. I lost most of the fat and built lean muscle. My goal is 200lbs with a 14 percent body fat index. I would like to send in before and after pictures and a more detailed journey of my life style change. I want to give many thanks to our Wellness program for their continued ongoing support for health and wellness. Your emails and website great. I use them weekly if not daily at times.

Prior to Healthper we had very low wellness engagement due to disperse locations, scattered program sites and multiple demographics. Healthper’s team helped us defined our three year wellness strategy that was very specific to the needs of our employees at the 6 locations. Before Healthper we had to deal with the administrative overhead to transfer any earned rewards to our multiple HSA providers. Healthper aggregated all the program needs in a single portal and reward earnings into a single source, and sent the specific contribution reports to the HSA providers. Using Healthper was like having full control of decorating each room separately in a large house but yet having the power to see all of it together.
Products & Experiences
Healthy Living well-being program is dedicated to motivating our members to manage weight, reduce stress, exercise more frequently, eat healthier and live a complete, balanced life.

1. Access to a Self-Service Administrative Portal that you use to manage program eligibility of your members and access comprehensive reports. Note that the seasonal members can be re-enrolled, and their past program history is preserved. The program cost includes one-time easy set up of all eligible members using an excel or a CSV file.

2. The Online comprehensive Health Assessment with instant feedback to the member.

3. The Four Company-Wide 30-day team challenges that are pre-programmed for a calendar year. Challenges include engaging communications and device connectivity. Contact us if you need additional challenges or any customizations.

4. A community forum for your company where your members can engage.

5. The Members can create and share their personal goal and can manage their own Health Record.

6. The Reports that you can use to incentivize members through the raffle, premium rebate, HSA contribution, payroll credit or a reward of your choice. Health Assessment, Participation, Performance and Engagement reports are also included.

7. The Member can access the program using a website URL or via the Healthper mobile app on apple store or google play.

8. The Digital posters and brochure to promote the program, and periodic Motivational Quotes and Healthy Cooking tips by email are included.

9. An Email support with 24-48-hour response time.
Team Challenges
Join the GO FOR IT Challenge

Preview’s On Feb 8th

HEALTHY LIVING

FUN | FIT | SOCIAL

& SECURE

Log on: HealthyLiving.Healthper.com

LIVE WELL | WORK WELL
Join the **TAKE A HIKE** Challenge

Preview's On **May 16th**

**HEALTHY LIVING**

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& **SECURE**

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**LIVE WELL | WORKWELL**
Join the SWEAT IT OUT Challenge

Preview’s On August 15th

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LIVE WELL | WORKWELL
Join the BIGGEST LOSER Challenge

Preview’s On October 31st

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& SECURE

Log on: HealthyLiving.Healthper.com

LIVE WELL | WORKWELL
A Case Study

creating an ideal wellness prescription
Situation

- Major international pharmaceutical company
- ~1,500 employees in multiple locations
- Chronic conditions and medical costs rising
- Prior wellness program efforts ineffective
Solution Overview

- Client’s unique branding and strategy
- Focused on mobile wellness
- Simple fun activities plus global challenges
- Augmented with incentives and rewards
- Integrated hub for member information, challenges, activities and social connections
Healthper’s Approach

easily customized platform provides

- personalized challenges
- flexible incentives
- interactive community
- outcome-based rewards
- ... and many other options

solutions assembled uniquely from common functions
Summary Results After One Year

- **150%** Communications click-through rate
- **80%** Employee goals completed
- **57%** Employee engagement
- **65%** Gift card redemption in rewards mall
- **5.5%** Reduction of high risk for hypertension

**ONE MILLION**
Steps counted

**31,500** Activities completed

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Our clients provide

• Leadership to champion the program
• Dedicated “wellness coordinator”
• Regularly review program results and agree upon “mid-flight” adjustments
• Baseline budget for incentives / rewards

Healthper provides

• Complete solution platform
• Strategy / design support
• Launch communications materials and templates
• Menu of challenges, activities and rewards for driving engagement
• On-going program evaluation and adjustment

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