

A person with long hair, wearing a dark jacket and leggings, is running away from the camera on a paved road that stretches into the distance. The background features a vast landscape with rolling hills, dense evergreen forests, and majestic, rugged mountains under a clear blue sky. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. A semi-transparent brown rectangular box is overlaid on the left side of the image, containing the main text.

WE DRIVE MAXIMUM  
ENGAGEMENT

**iHEALTHPER**  
Your Well-Being Architects

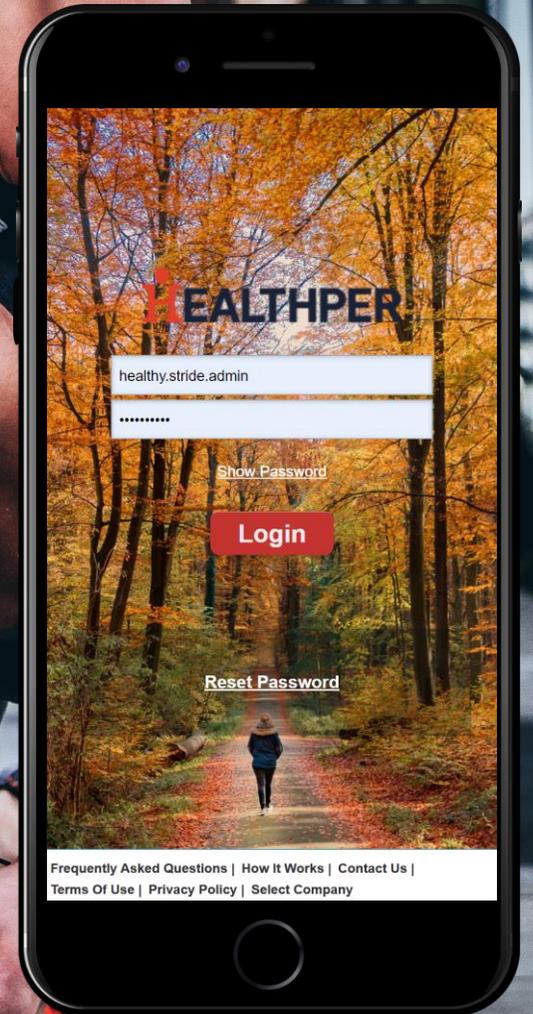
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# Agenda – Healthy Stride

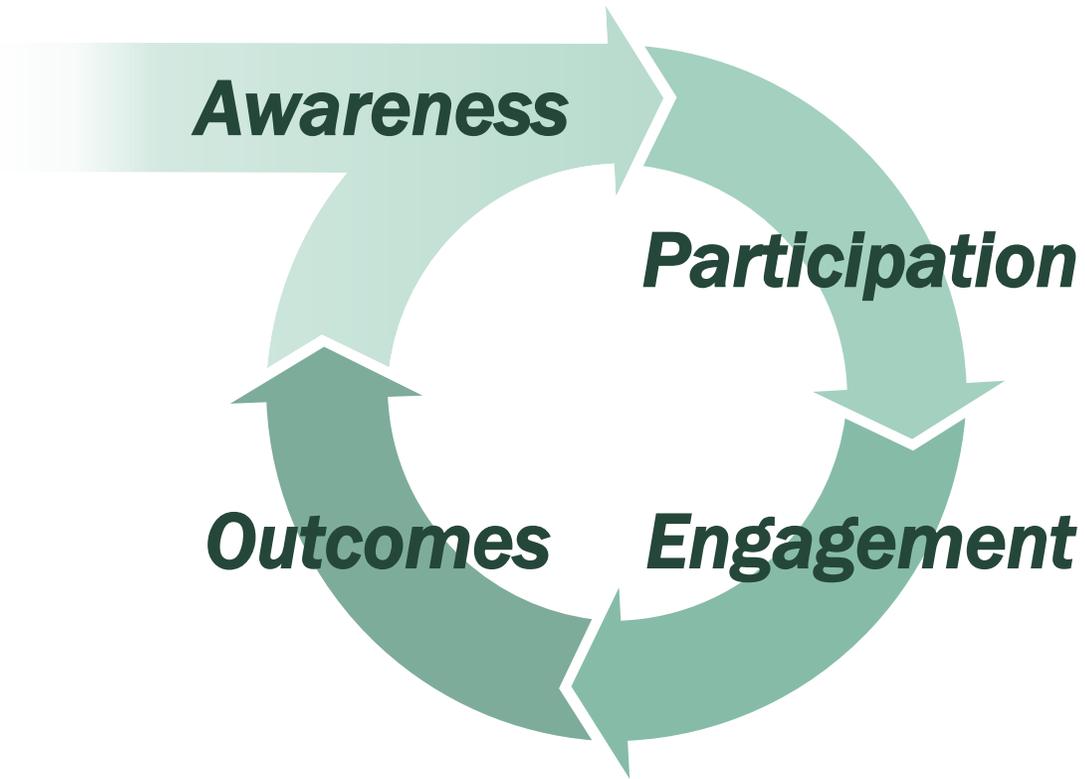
*Approach & Platform*

*Demo*

*Case Study*



# Healthper's Well-being Cycle



INSPIRE



ASSESS



ENGAGE



REWARD



MEASURE



# Employer and Member Testimonial

## Member

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.

## HR Administrator

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.

A close-up, low-angle shot of a person's legs from the knees down, wearing bright orange and blue athletic sneakers. They are standing on a set of concrete steps. The word "Demo" is overlaid in a large, white, italicized serif font across the center of the image.

*Demo*

**Healthy Stride** is 12-week miles tracking team challenge that promotes **physical well-being** and allows a healthy competition.

The Healthy Stride challenge includes,

1. **Managed onboarding** and enrollment for the eligible participants.
2. Members can **create their own team** that is open or require an invitation to join.
3. We all need a helping hand sometimes, and with our **personalized unlimited coaching**, you can talk to experienced, Masters-Degreed Health Educators who are Licensed Behavioral Health Clinicians will help you on your journey and can help you fine-tuning exercise and nutrition routines.
4. **Self-report** your walk/jog/run or connect a **tracking device** (Garmin, Fitbit, Apple Healthkit, Google Fit, etc.). Optionally, sponsor a tracking device of your choice.
5. **Reports** can be used to incentivize winners weekly and at the end of the challenge based on their performance in the challenge. **Team leaderboard, Participation, Performance, and Engagement** reports are also included.
6. The **first** and **second** place team participants and individual participants get special recognition, and everyone gets a **certificate** of completion. Optionally, select to reward the participants or teams with credits for redeeming their winnings in a rewards mall that consists of a variety of Gift Cards and e-Certificates or through the raffle, premium rebate, HSA contribution, payroll credit or a reward of your choice.
7. An **inspirational community feed** where you can share your stride, and that delivers tips and motivations to enhance your physical well-being.
8. **Email communications** and push notifications (mobile) that follow a weekly theme and motivate you to participate as an individual or in your own team.
9. Members can access the challenge using a **website URL** or via the **Healthper mobile app** on apple store or google play.
10. Includes **Digital posters** and **brochures** to promote the challenge, text/push notifications to engage, and periodic Motivational Quotes and Healthy Cooking Tips by email.
11. Email support with 24-48-hour response time.

# Telephonic / Email Coaching Programs



**UFit** - Even active people can benefit from health coaching in this advanced program. Participants work with their health coach in fine-tuning their exercise and nutrition routines, and even explore other aspects of their life which may be impacting their performance in their favorite sport or hobby.

**WILL U MAKE A CHANGE?**



**UBALANCE**  
**UFIT**  
**UMOVE**  
**UBEAT**  
**UFUEL**  
**UPLUSONE**  
**UREST**  
**UBREATHE**  
**UBODY**



**FUN AND EFFECTIVE PROGRAMS  
TO HELP U LIVE HEALTHY**

Just part of your comprehensive wellness program.  
Find out more by calling a health coach today at  
800.882.2109.

**HEALTHPER**  
Your wellness architects

# 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



*Inspire*



**80%**

Employee goals  
completed



*Assess*



**57%**

Employee  
engagement



*Engage*



**65%**

Gift card redemption  
in rewards mall



*Reward*



**5.5%**

Reduction of high risk  
for hypertension



*Measure*

**ONE  
MILLION**  
Steps counted

**31,500**  
Activities  
completed

## 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*

