

WE DRIVE MAXIMUM ENGAGEMENT



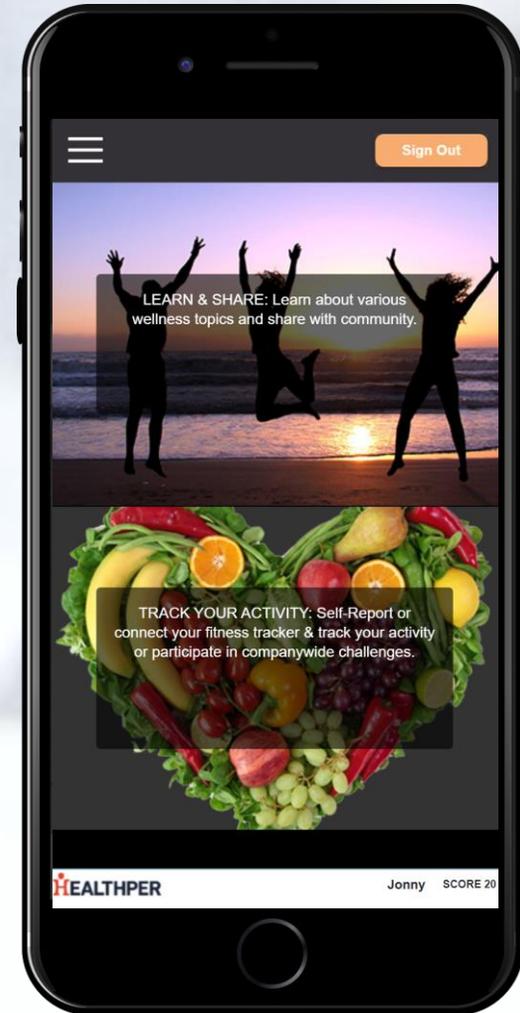
Healthy Living – Employee Wellness

Agenda – Healthy Living

Approach & Platform

App Experiences

Case Study



Healthper's Well-being Cycle

Awareness

Participation

Outcomes

Engagement

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.



Products & Experiences

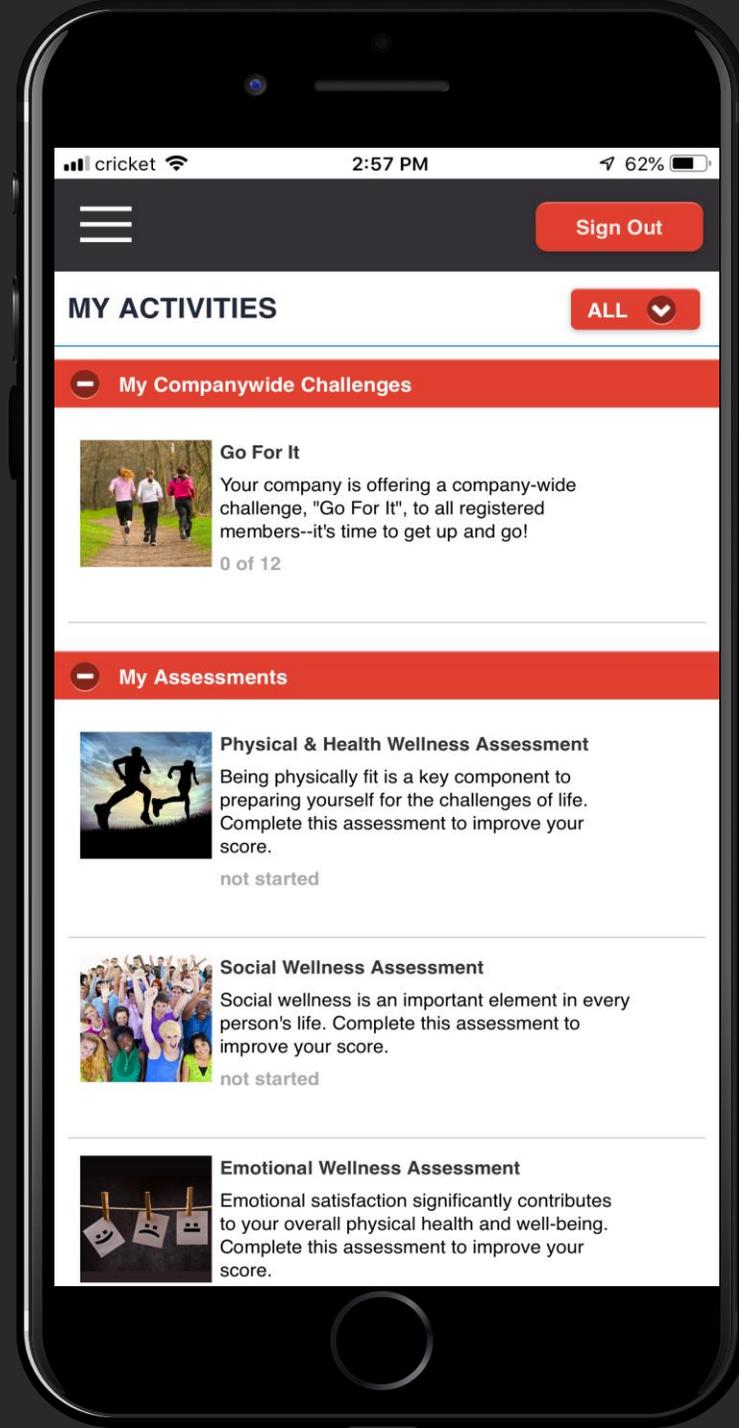
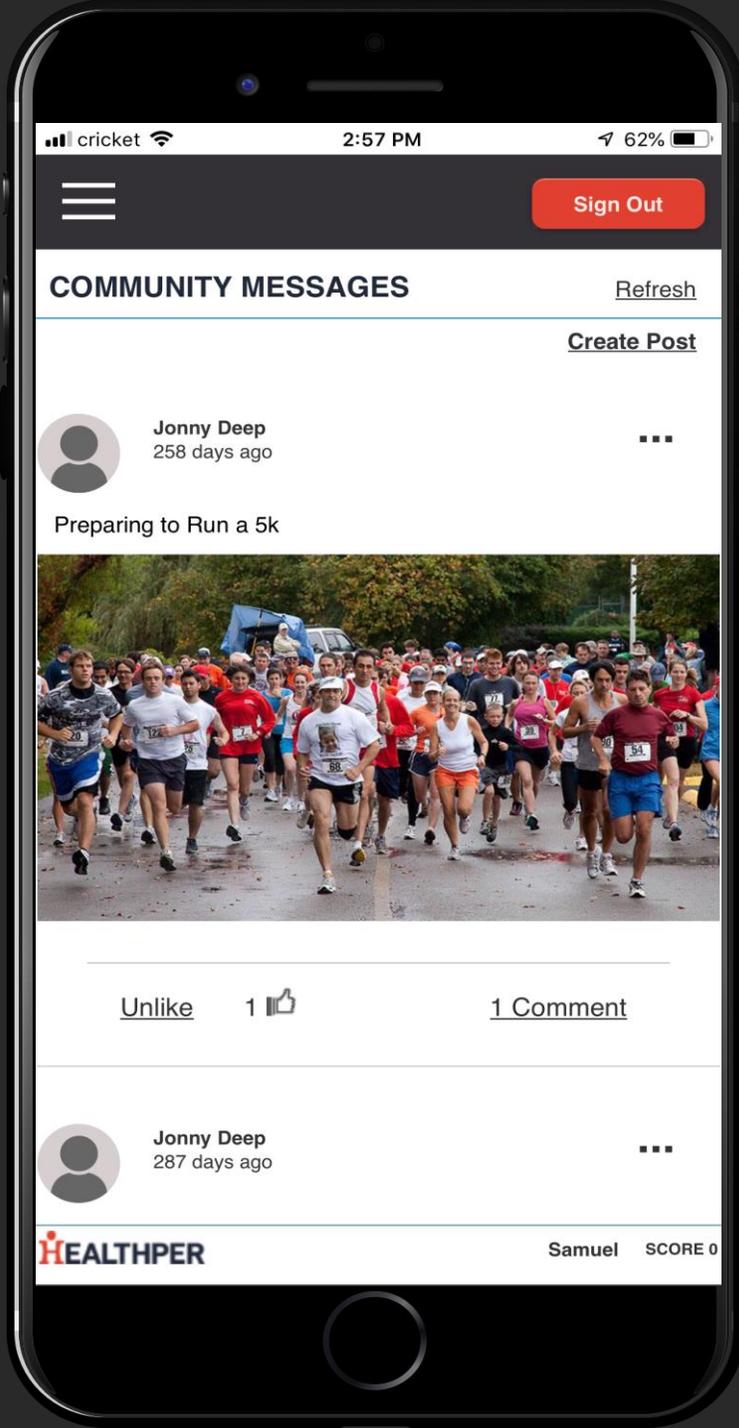
HEALTHPER
Your Well-Being Architects



Healthy Living Program

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.





My Activities

Show: [all](#) | [active](#) | [health](#) | [lifestyle](#) | [social](#) | [condition](#)

My Assessments

not started



Physical & Health
Wellness Assessment

not started



Fitness and Exercise
Assessment

not started



Personal Lifestyle and
Safety Assessment

not started



Depression Risk
Assessment

not started



Social Wellness
Assessment

not started



Nutrition and Diet
Assessment

not started



Alcohol Assessment

not started



Tobacco Assessment

not started



Emotional Wellness
Assessment

not started



Stress Assessment

Who's Leading

Top 50

30 day rank

See All

My Activities

0 of 10

0 of 12

0 of 15

0 of 1



Team Challenges

HEALTHPER
Your Well-Being Architects



Join the
GO FOR IT
Challenge

Preview's On **Feb 8th**

HEALTHY LIVING

FUN | FIT | SOCIAL

& SECURE

Log on: HealthyLiving.Healthper.com

LIVE WELL | WORKWELL

HEALTHPER
Your Well-Being Architects



Join the **TAKE A HIKE** Challenge

Preview's On **May 16th**

HEALTHY LIVING

FUN | FIT | SOCIAL

& SECURE

Log on: HealthyLiving.Healthper.com

LIVE WELL | WORKWELL

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Your Well-Being Architects



Join the
SWEAT IT OUT
Challenge

Preview's On **August 15th**

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& SECURE

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LIVE WELL | WORKWELL

HEALTHPER
Your Well-Being Architects



Join the
BIGGEST LOSER
Challenge

Preview's On **October 31st**

HEALTHY LIVING

FUN | FIT | SOCIAL

& SECURE

Log on: HealthyLiving.Healthper.com

LIVE WELL | WORKWELL

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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*

