

WE DRIVE MAXIMUM ENGAGEMENT



Healthy Heart Challenge

©2020 Healthper USA, Inc. – Confidential and Proprietary

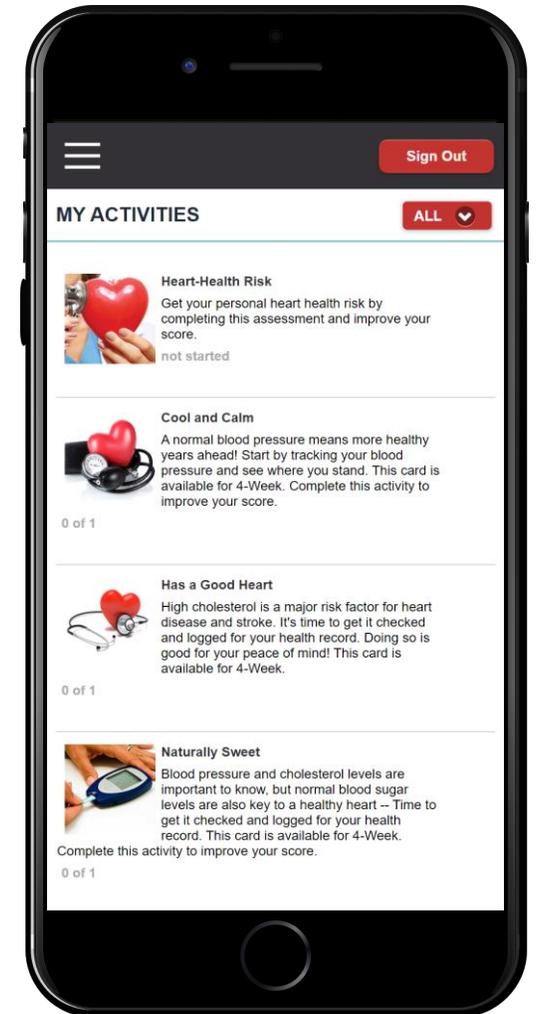
Agenda – Healthy Heart



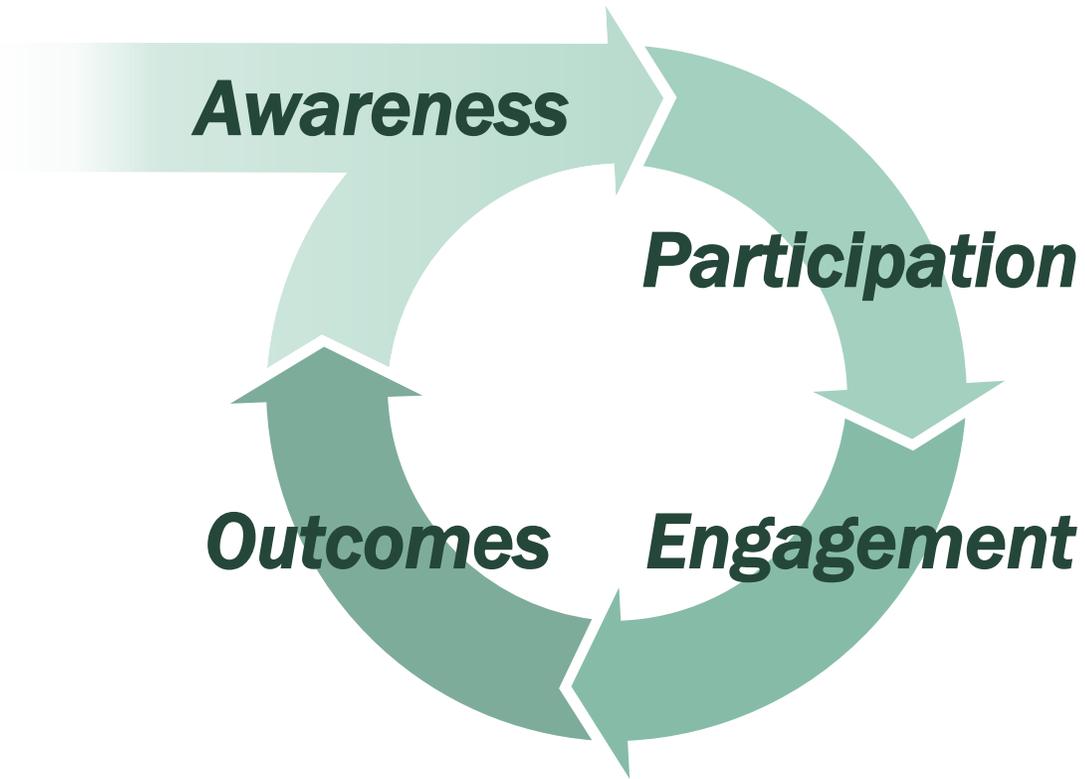
Approach & Platform

App Experiences

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.

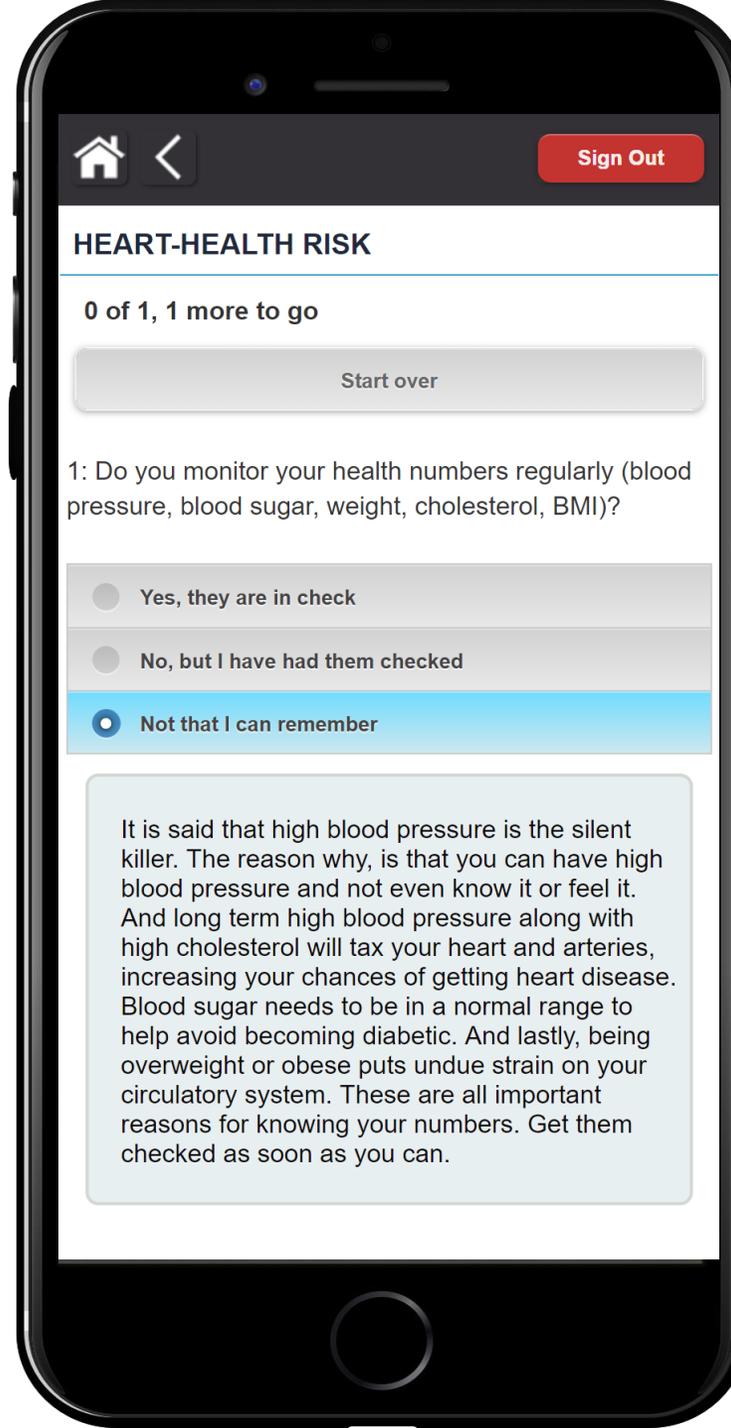
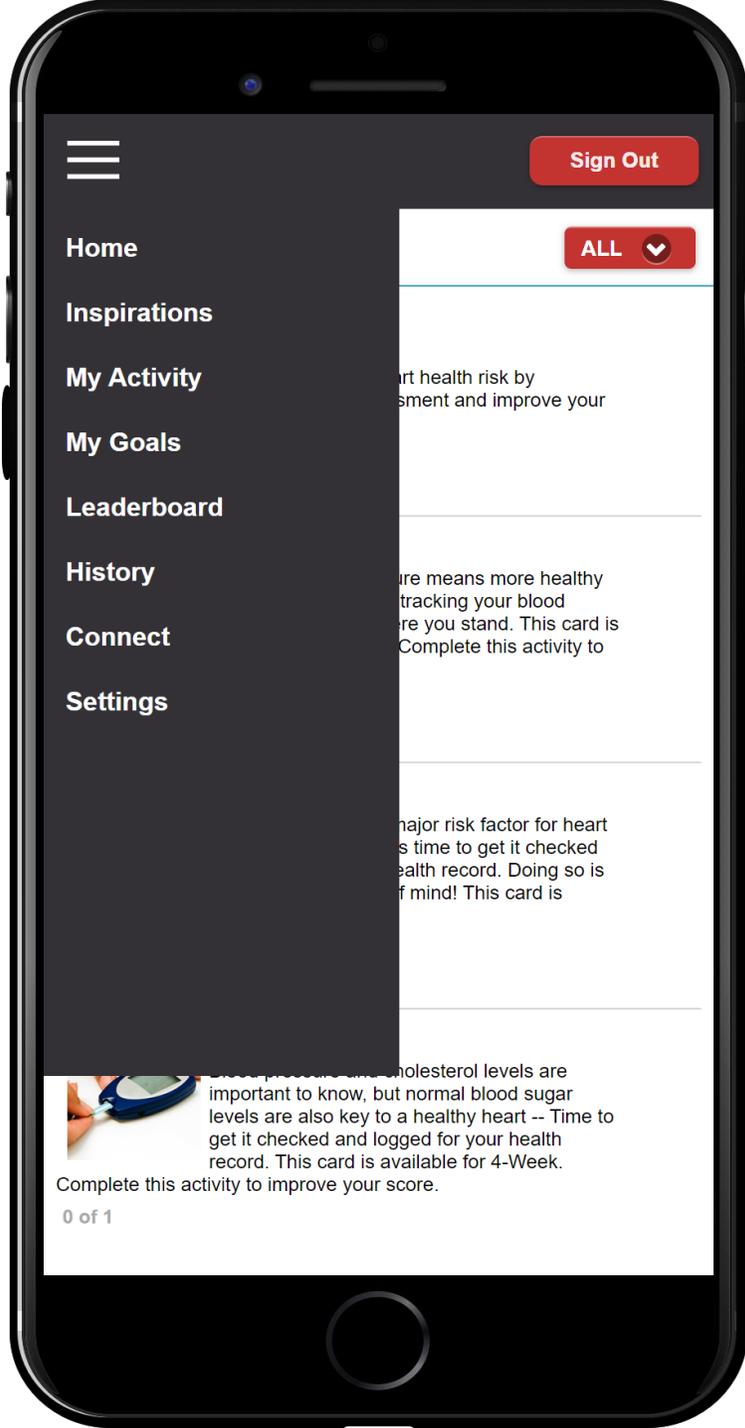


Challenge Experiences

HHEALTHPER
Your Well-Being Architects

Healthy Heart is a **12-week challenge** designed to get you going on your way to a healthy heart and well-being. This challenge will help you understand how to take care of your heart best. You will have access to all the tools and coaching needed to get you going. No matter where you are in your journey, everyone can benefit from the challenge activities and pathways.

1. **Managed onboarding** and enrollment for the eligible participants.
2. **Baseline assessment** to assess how well you understand your heart and how you take care of it.
3. **Post assessment** to measure the progress you have made towards keeping your heart healthy after the participation in the challenge.
4. If you already have the results that good, but if not, you can partner with us to get the **biometric screening** done. Multiple options are available as on-site screening, home test kits, and PCP/Lab results form uploads. The screening helps members get a better gauge of what areas need attention.
5. **Trackers and goals** that are designed to measure what to improve and the effort needed.
6. Members can **self-report or connect their device** (Garmin, Fitbit, Apple Healthkit, Google Fit, Withings, etc.) to measure blood pressure, heart rate, weight, physical activity, sleep, and more. Optionally, sponsor a tracking device of your choice.
7. 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 **personalize a healthy heart plan** just for you.
8. **Reports** that can be used to incentivize winners weekly and at the end of the challenge based on their engagement in the challenge. Pre/Post Assessment Analysis, Participation, Performance, and Engagement reports are also included.
9. The **first** and **second** place participants get special recognition, and everyone gets a **certificate of completion**. Optionally, select to reward the participants 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.
10. An **inspirational community feed** that delivers the tips to maintain a healthy heart.
11. Members can access the challenge using a **website URL** or via the **Healthper mobile app** on apple store or google play.
12. Includes **Digital posters** and **brochures** to promote the challenge, text/push notifications to engage and periodic Motivational Quotes and Healthy Cooking tips by email.
13. Email support with **24-48-hour response** time.
14. Available in **English** and **Spanish**.



My Activities

Show: all | active | health | lifestyle | social | condition

My Activities



Heart-Health Risk



Naturally Sweet



Sleep Well



Quiz Challenge



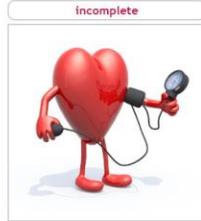
Cool and Calm



Making Strides



My Mood



Blood Pressure



Has a Good Heart



Weigh Yourself

Who's Leading

Top 50

30 day rank

See All

Telephonic / Email Coaching Programs



UBeat - Keeping our heart healthy should be on everyone's list of top priorities. High blood pressure, high cholesterol, and diabetes are preventable and treatable conditions that affect the health of our heart. Participants learn how to prevent these conditions or how to live a healthy life with these conditions as they explore their eating, physical activity, and stress habits.

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*

