



# Your Complete Population

# Health Management Platform

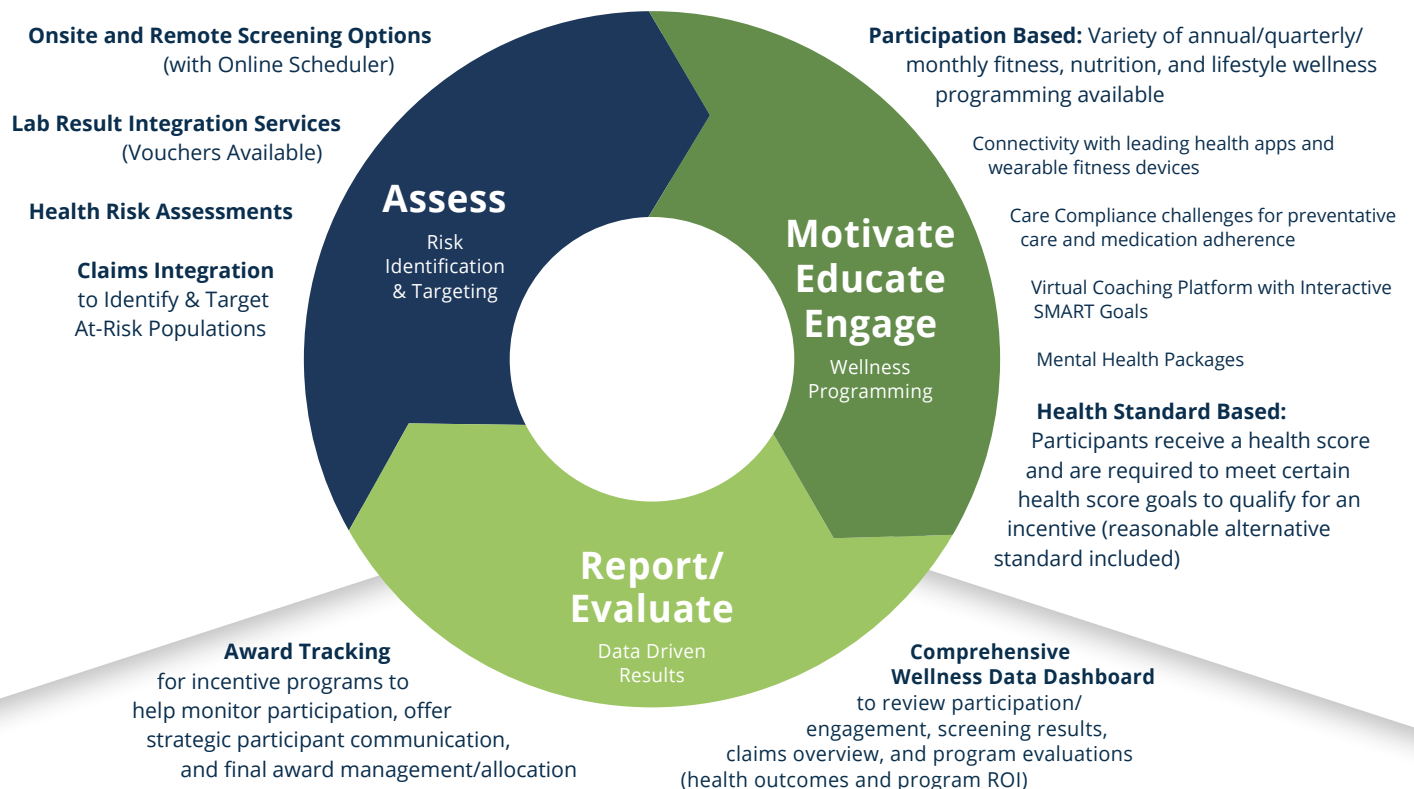
Wellfit is a national leader in corporate wellness that is dedicated to helping individuals and businesses thrive by offering tailored resources, tools, and incentives that educate, empower, and support participants in adopting habits and attitudes that contribute to their health and quality of life.

## Human Driven Programming

### Inspire Change with Tailored Participant Experience

Our complete and compliant wellness programming empowers participants to care for their health by providing the motivation, education, tools and support needed to be successful. We provide a variety of participation based programs, health-standard based programs, and hybrid programs with industry leading features.

### The WellFit Approach



Summary Risk Reports following each annual screening

Featured

Challenges



**Pedometer Challenge:** Sitting is the new smoking. Get on your feet and improve your health by increasing your daily movement. Walk 500,000 steps during the challenge period to complete this challenge. Sync a compatible fitness device to the portal to have steps counted automatically.



**Eat Well:** Eat well to fuel your body, prevent disease, and manage a healthy weight. Learn healthy tips for shopping and eating healthy while completing a food log of everything you eat and drink for a minimum of 30 days to complete this challenge. Pair this challenge with wellness coaching for best results.



**Maintain, Don't Gain:** Maintain your weight over the holidays with tools and resources to stay on track. To complete this challenge, maintain or improve your body fat % or stay within 2 pounds of your initial body weight for the duration of the challenge.



**Know Your Numbers:** Check personal lab results following completion of wellness screening and HRA to complete this challenge. Pair this challenge with personal lab reviews for best results.



**Well Rested:** Catch up on your sleep and adopt helpful bedtime habits to improve your wellbeing. Keep a sleep log for 60 days to complete this challenge. Verified sleep data can come from the following synced devices: Apple, Azumio, FitBit, Garmin, and Misfit.



**Gratitude:** Having an attitude of gratitude is an important and effective form of self-care and is proven to reduce stress, improve sleep, boost immunity and strengthen social bonds. Complete 30 daily journaling prompts that challenge you to look for the good and express gratitude for the people, places, and circumstances in your life.



**Rethink Finances:** Research shows our financial security is less dependent on our income and more related to how we think of money and our subsequent spending behaviors. Invest in your financial wellbeing and gain awareness of your spending and saving habits. Complete 10 weekly financial wellness modules to rethink your finances and lower financial stress.



**Daily Fitness:** Regular physical activity is important to help build strength, boost metabolism, improve sleep, relieve stress, and prevent disease. Having a daily fitness practice is also a great way to maintain your momentum and stay motivated toward your fitness goals. Complete suggested daily workouts while building in your own rest days. Track for a minimum of 60 days to complete the challenge.

# Technology

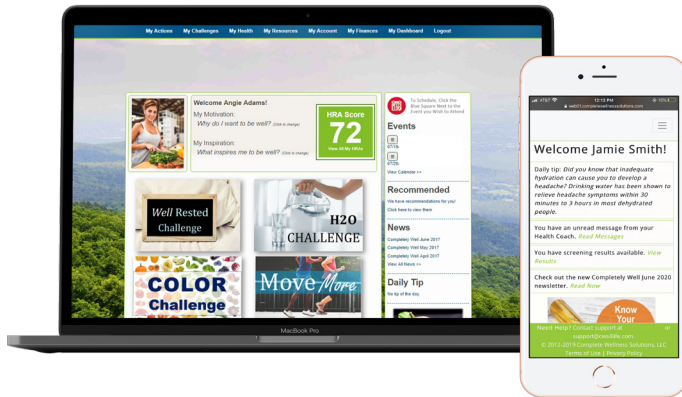
# Supported

# Programs

## Comprehensive Population Health Management Platform

The portal is easy to navigate, scalable, mobile friendly, and compliant with all governing regulations, and configurable to make it easy to bring effective wellness solutions to your organization.

**Roles Include:** Employer/Agent, Scheduler, Manager, Administrator, Counselor/Therapist, EAP Administrator, Screener, Clinician, Health Coach, and Health Coach Manager



## Delivering World Class Care

Our easy-to-integrate platform delivers a consistent real-time data feed between clinicians, health coaches, screeners, and participants. Our technology provides consistent reporting of lab results outside reference ranges and flags clinically significant changes in lab values within the normal range.

## Care. Connect. Encourage.

Keep employees and patients engaged through targeted emails, texts, and secure portal messages.

### Wellness Program Notifications

for appointment reminders, abnormal labs alerts, program updates, health coach nudges, and prescription reminders.

Your recent screening results are now available in your wellness portal. Click here to log in and view your results.

### Health Plan Notifications

to expedite pending claims.

Complete your online enrollment documents by 12/31/20 to have health insurance in 2021.

### Employer Communications

by hire date, location, department, shift, insurance status, and more.

Mandatory department meeting Thursday at 3:00 PM.

### Care Compliance Messaging

for condition care compliance, prescription non-compliance, preventive screenings, and immunization reminders.

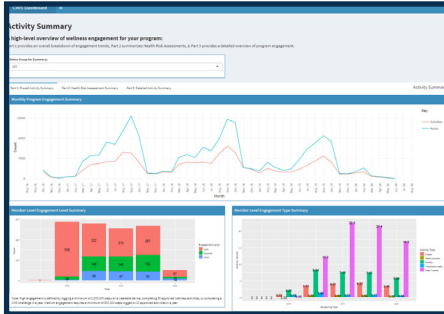
Flu season is almost here. Have you received your annual flu shot this year?

Empirically

Proven

### Data Driven Results

Our internal leading data science team is here to help evaluate and maximize your program's effectiveness and assist with any of your population health analytics needs. We provide a variety of descriptive, predictive, and real-time analytic services.



#### Descriptive

- Comprehensive Program Evaluation
  - Health Outcomes
  - ROI (Claims)
- Custom Reporting and Dashboards

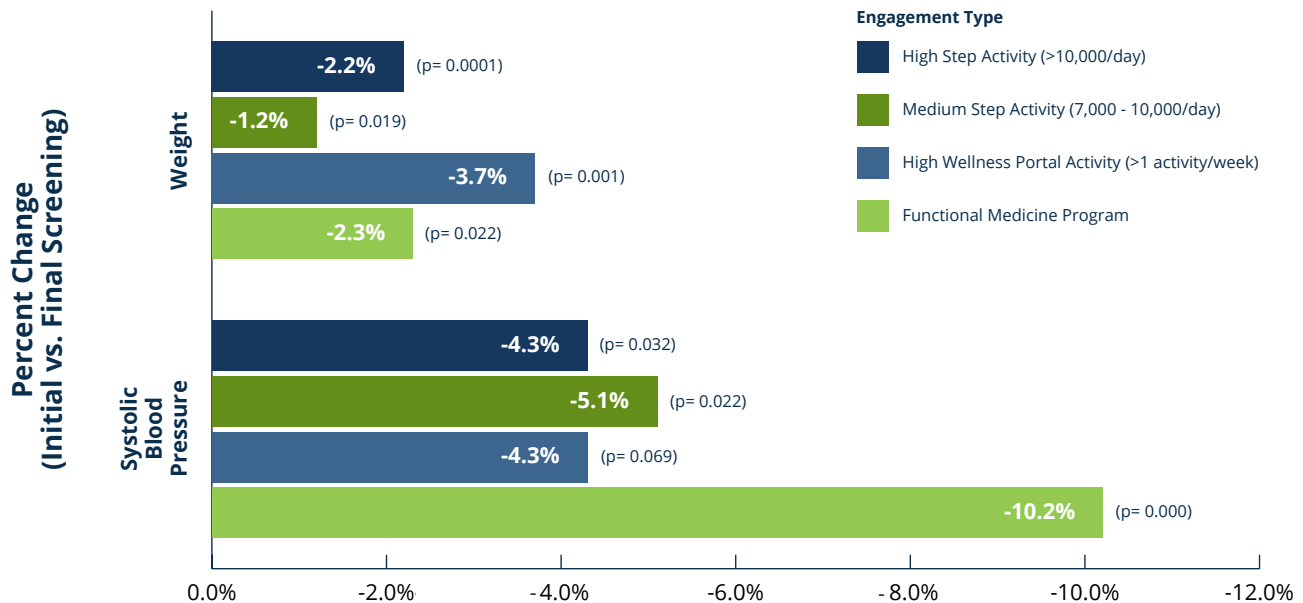
#### Predictive

- Risk Prediction
  - Claim Utilization
  - Shock Claim Likelihood
- Chronic Disease Diagnosis/ Disease Progression Prediction

#### Real-Time

- Medication Adherence Programs
- Personalized Activity Recommendations
- Supported by best-in-class messaging technology

### Health Outcomes of High Program Engagement



Significant reductions in Weight and Systolic Blood Pressure were observed from all types of engagement measured

#### Notes

1. Participants with low engagement are used as the control group
2. Activity is summarized in the year preceding the biometric health screening
3. Sample includes 2,537 participants across nine programs
4. The average participation duration of the sample is 17.3 months & the median incentive is \$650





## Program Evaluation

### ROI (Claims)

#### Financial Evaluation (Health Claims) of High Program Engagement

High Engagement  
Treatment Group  
(n=136)

Claims Summary Metric	Initial	Final	Difference
<b>Total (\$)</b>	<b>\$11,659</b>	<b>\$8,702</b>	<b>-\$2,956</b>
Medical Claims (\$)	\$8,627	\$6,462	-\$2,165
Emergency Claims (\$)	\$2,280	\$931	-\$1,350
Prescription Claims (\$)	\$751	\$1,310	\$558
Shock Claims Per Member (> \$5,000)	0.45	0.25	-0.20
Members with Shock Claim (>\$5,000)	13.2%	11.0%	-2.2%

High engagement in health interventions leads to substantial cost savings in medical claims of **\$2,956** annually per highly engaged member

Notes:

1. Sample includes 322 participants from two programs
2. Average program duration was 26 months