



JOIN OUR
**HEALTH
MOVEMENT!**

It's been said

“If You Have Your Health You Have It All”



Being Healthy Makes You:

- Feel better
- Live longer
- Put more into and get more out of your life, at work and play

Our Company's Commitment To Your Good Health



- You're all hard-working, driven people with busy lives.
- Health often takes a backseat to other priorities.

We want to do our part and make it easier for you to feel healthier and happier.

Introducing Health Connected



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**A NEW! digital health program to
improve health and wellness**

A Online Portal with 3 Health and Wellness Programs

Health Risk Assessments



Health Challenges & Tracking Devices



Digital Health Coaching



Programs Work Together to Create a Cycle of “Missions”

Mission 1: Complete Health Risk Assessment



ID personal health risks and information to help reduce them

Mission 2: Join a challenge



Engage with challenges, devices, badges and rewards

Mission 3: Build a personal plan



Personalized action plans and digital health coaching



Missions Connect Together

To Create Our Health Movement



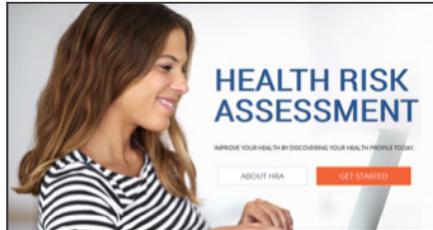
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Complete Health
Risk Assessment

Join a Challenge

Create a personal
action plan

How Health Connected helps you



Discover Your Health Risks & Strengths

Measures health across 17 areas to show progress in reducing your risks

Participate To Boost Your Health & Have Fun

Join a individual or team challenge with co-workers, like walking every week or healthy eating for 1 month

Set Your Longer Term Health Goals

A unique self-management tool to help you gain insights and create a personal health action plan

How It Works

Step 1

We will send a welcome email or letter with program details

Step 2

Use the secure link or code to gain access to www.iHealthConnected.com

Step 3

Register and start using



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