



JOIN OUR
**HEALTH
MOVEMENT!**

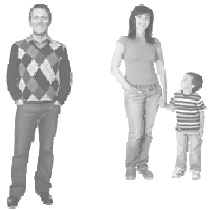
Agenda

HealthConnected, A New Digital Health & Wellness Program

- Why focus on health & wellness
- The value of being a healthier company
- What is Health Connected
- Role of managers
- How to implement Health Connected

We Know:

Poor Employee Health & Wellness Costs Employers



Stress, coping skills and chronic disease impact work satisfaction, productivity and plan cost

- Depression accounts for 23% of productivity costs
- Back pain, headache and arthritis account for 31%
- Health and drug plan costs continue to rise

Have You Seen These Warning Signs?



- Employees don't seem motivated or engaged
- Often seem “checked out”
- Not seeing the productivity you expect
- More frequent lateness and sick days
- Feeling the team needs to “step up their game” to reach its full potential
- Less interaction, signs of stress

Or Maybe The Team Is On Track

So Let's Keep It That Way



Healthy Companies Experience

- 20% more revenue per employee¹
- 59% cited a healthier work environment as a reason to stay²
- 16% higher market value¹

Companies With a Strong Culture of Health

Are more productive, happier with less turn-over

Do We Have a Strong Culture of Health?



- Do we make employee health a priority?
- Do we make it easy to get and stay healthy?
- Do we encourage employees to incorporate healthy activities?

Employee health and productivity: How are we doing?

- Do we encourage employees to share their health-related efforts?
- Do we recognize and reward employees for their health achievements?
- Do we offer healthy choices in our cafeteria and vending machines?

Do We Have a Strong Culture of Health?

Introducing Health Connected

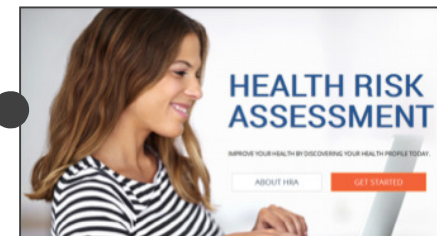


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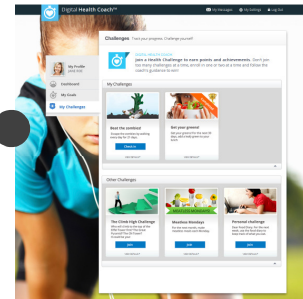
**A NEW! digital health program to
improve health and wellness**

A Online Portal with 3 Health and Wellness Programs

Health Risk Assessments



Health Challenges & Tracking Devices



Digital Health Coaching



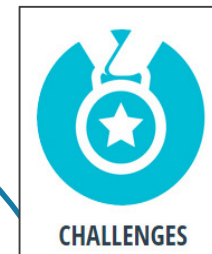
Programs Work Together to Create a Cycle of “Missions”

Mission 1: Complete Health Risk Assessment



Identify 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



Health Connected

Missions Connect Together

To Create Our Health Movement



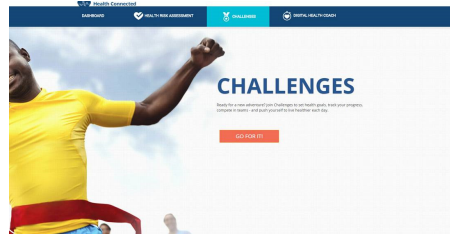
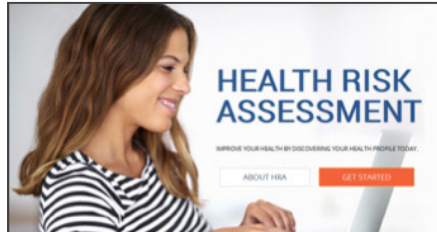
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Complete Health
Risk Assessment

Join a Challenge

Create a personal
action plan

How Health Connected Helps Employees



Discover Health Risks & Strengths

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

Participate To Boost Health & Have Fun

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

Set 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

Employees sent 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

Employee registers and starts using

Ongoing Support: **Wellness-in-a-Box**

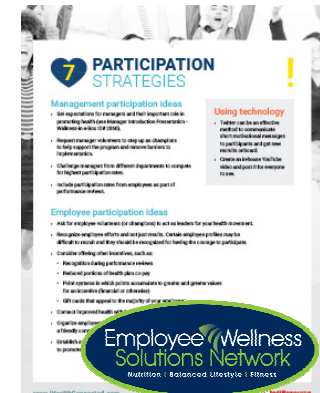
Step-by-step guides and resources for easy, ongoing implementation

Wellness-in-a-box

- A complete roadmap for creating a health movement
- Posters, tent cards, desk cards and promotional material
- Employee emails
- Templates you can modify
- Administrative site for participant management
- High fidelity reporting to identify where to focus effort



Managers will be provided with support guides outlining program details and FAQ's.



Time Commitment?



Completely Automated

As little as 30 minutes monthly or as much as you want

Turn-key for companies with limited resources or experience

Extensive features for the more advanced

Role of Managers

**80% of employees said “Management Participation”
would be a reason for them to participate also**

So How Can We Start A Health Movement?



An entertaining 3 minute video on how to start a movement
(click image to goto [TED.com](https://www.ted.com))

Gain The Benefits of Improved Employee Engagement



JOIN OUR
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- **Motivate employees.** A health movement rallies and motivates
- **Improve workplace health,** both short and long-term
- **Improve productivity.** Reduce absenteeism, presenteeism & turn-over