# Wellness made easy.

Health Wellness Nutrition	Exercise Community	/ Incentives Res	sources						*
Choose Meal Plan Diets For	od Log Meal Planner	Nutrition Challenge	My N	utritional N	eeds R	ecipes S	ports Nutrition	Talk to a Dietitian	
Nutrition	Challenge			Tod	<b>lay -</b> 7/	13/2012	Þ		ę
Dan	's Nutrition Challenge			Toda	y's Reco	ommenda	tions	Food Grou	ıps
Objective Log your food and be healthy				Calories	Carbs	Protein	Fat		
				0	0	0	0		6
Description Logging you food is a great st	art to living a healthy lifes	style.			Cons	umed		Fruits	Dair
Goal				1525	191	76	51	Gra Gra	ins C
Log 2 serving(s) of Fruit, 2 se serving(s) of Grains, 2 serving					Recom	mended		Vegetables	
	hallenge"						112/12 -	9/24/12 11:59 PM 🧕	
Come on. Time to pick up the Your Total:						My Po		Team Comment E	Boa d
Your Total: 1,065				1		My Po		Team Comment E	Board ce
Your Total:	e pace!	e 200 minutes		lan minutes	60	My Po		Team Comment E	Board ce
Your Total: <b>1,065</b> Minutes of Exercise	e pace! Your minutes	e 200 minister				0 minutos	sition My	Team Comment E	Boa d
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Your Total: <b>1,065</b> Minutes of Exercise Goal: 1,200 Minutes of Exercise	e pace! Your minutes -		1	new com	ment(s) -	0 minutos	RAD minute are catching u	Team Comment I Pace * 1 000 minutes pl 9/14/2012 1:23:0	Boa d
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Now more than ever, organizations are evolving the way they do business – finding fresh ways to engage their populations to improve overall health, reduce unnecessary costs and inspire productivity in today's dynamic environment.

## **The Next Generation of Population Health**

We provide a single, integrated platform from which organizations can efficiently deliver comprehensive and measurable wellness programs. The flexibility and scalability of our solution allows our customers to leverage their brand and existing resources to implement and manage innovative, engaging wellness offerings.

#### Key Features include:

- Three NCQA Certifications
- Diet and Exercise Tools
- Behavioral Change Programs
- Team Challenges

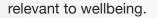


- Incentives and Reward Systems
- Event Scheduling and Management
- Health Coaching Integration
- And more!

#### **Meaningful Engagement**

The key to program success lies in engaging populations with a guided, individualized approach, delivering targeted programming specific to their risks and goals. Pointing individuals to the right content, at the right time, is critical to establishing the meaningful engagement needed for long term change.

Our platform includes a host of interactive tools and features that are fun to use,







#### **Actionable Health Intelligence**

Individuals often wait until their conditions manifest before receiving care. Taking an active role in their health allows for more effective management of disease states, reducing your insurance costs and improving their quality of life.

### **Measuring Program Efficacy**

With our management tools and full reporting suite, your organization's wellness administrators and coaches have the ability to monitor user enrollment, participation and completion of programs. This capability is invaluable in measuring effectiveness, driving quality and ensuring program compliance - resulting in a healthier return on investment.

