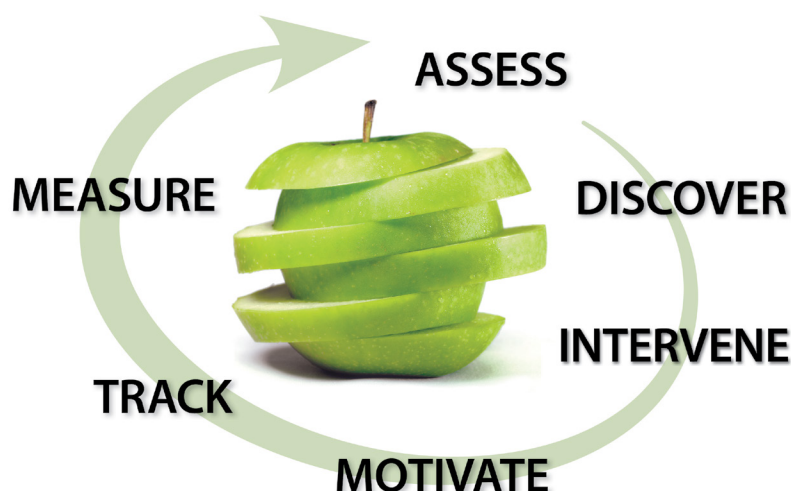




Companies with successful worksite wellness programs experience **lower healthcare costs, increased productivity, and decreased absenteeism** due to illness and injury. Healthy employees also feel better and live longer. We've combined the essential components of a successful wellness program into one convenient online package – the **WellSuite® Platform**.



WELLSUITE® FEATURES

► My Health Tools

Easily navigate through wellness tools and incorporate up to six customizable URLs.

► Wellness Score

A participant's most recent health score is prominently displayed every time they access their portal home page.

► Announcements and Messages

Post information about upcoming events and provide your health coaches with the ability to communicate with participants individually or via group announcements.

Customize this banner with your logo and graphics

ABC COMPANY

Welcome

Text size A A A Logout | Help

HOME

MY HEALTH TOOLS

- Health Activity Tracker™
- Healthy Living Guidelines™
- Online Interventions
- Online Wellness Center™
- Online WellNotes®
- Personal Wellness Profile™

MY ACCOUNT

COMPANY INFORMATION

Wellsource Employee Wellness Program

WELCOME

Welcome to the first step in making a difference for a healthier you. By completing these easy-to-use health assessments and tracking your health progress, you will learn more about yourself and your health.

For assistance in using WellSuite®, please refer to Help. If you need more assistance, please contact your health administrator.

ANNOUNCEMENTS (0) MESSAGES (0)

There are no announcements.

View All Announcements

WELLNESS SCORE

Your wellness score: **83**

Latest assessment: Wellness Score: 83/100

DAILY TO-DO LIST

1. Be active 30-60 minutes.
2. Choose low-calorie foods.
3. Eat 4-5 cups of fruits and veggies.
4. Eat 3+ servings of whole grains.
5. Watch portion sizes.
6. Get 7-8 hours of sleep.
7. Stay positive!

HEALTH NEWS

Men: Take Care of Your Health

While the life-expectancy gap between men and women is shrinking, men still need to pay attention to their health. Here are some tips to help men stay healthy.

Get the Full Story

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

There are no events or tasks for this month.

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► Weekly Health News

An easy-to-read health news article is posted every week.

► To-Do List

Remind participants of the top seven things they can do daily to enjoy good health.

► Calendar

Keep participants up to date on wellness events and deadlines.

► Personalized Branding

Personalize your messaging and branding throughout the portal in a variety of ways.

ASSESS

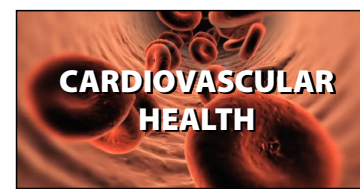
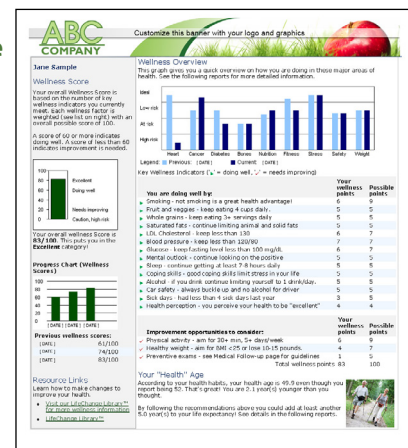
A **health risk assessment (HRA)** is the foundation of every successful wellness program. Based on 35 years of experience, the **Personal Wellness Profile™ (PWP) Advantage** is one of the most comprehensive, customizable, and scientifically based HRAs on the market. Here are some of the key features of PWP:

- ▶ Easy-to-complete questionnaire (15-20 minutes)
- ▶ NCQA certified and HIPAA/HITECH compliant
- ▶ Available in both online and paper formats
- ▶ Branching logic keeps questions to a minimum
- ▶ Custom administrator reports
- ▶ Easily arrange data into groups and subgroups
- ▶ Hide, require, or add additional questions
- ▶ Available in English, Spanish, and Canadian-French
- ▶ Assesses readiness to change
- ▶ Participant reports can be attached to EMR as PDF
- ▶ Assign different permission levels to a multitude of administrators (wellness coordinator, health coach, on-site clinic/physician, etc.)
- ▶ Import and export lab values and demographics
 - Height/Weight
 - Cholesterol
 - Body Fat
 - Triglycerides
 - Blood Pressure
 - Glucose
 - Resting Pulse
 - Strength & Flexibility
 - Hemoglobin A1c
 - Aerobic Capacity
 - PSA (men)

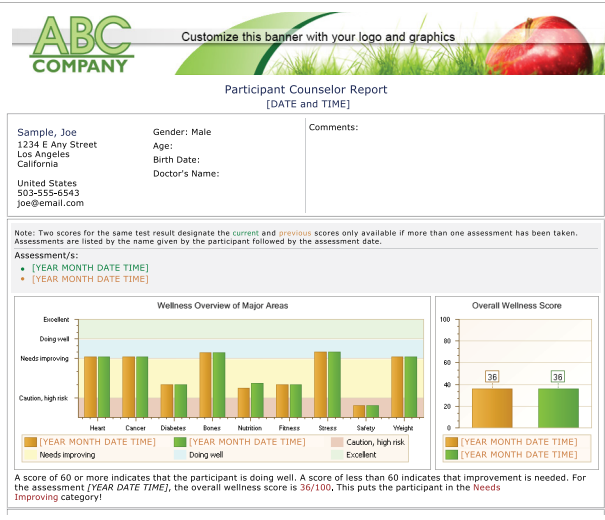


DISCOVER

- ▶ Comprehensive and personalized Individual Report explains what the participant is doing well, their health risks, and recommendations for improving
- ▶ Participants receive an **Overall Wellness Score** rating from 1-100*
- ▶ Learn your **“Health Age”** as opposed to chronological age
- ▶ Compare prior wellness scores against a current score to track changes over time
- ▶ Individual Report includes:
 - Priority Health Recommendations
 - Medical Follow-up Report
 - Next Steps – Making Changes page (customizable)
- ▶ View on the Web or print in PDF format
- ▶ Individual Report links to extensive health improvement content (some links customizable)
- ▶ **Healthy Living Guidelines™ Streaming Videos**
 - Reviews PWP™ results
 - Recommends ways to minimize individual health risks and achieve optimal health
 - 12 short, easy-to-view segments



Customize reports with your company logo and banner.



*17 Factors Contribute to the Overall Wellness Score

1. Physical activity
2. Tobacco use
3. Healthy weight status
4. Fruit and vegetable intake
5. Whole grains
6. Saturated fats
7. Blood lipids
8. Blood pressure
9. Blood glucose
10. Mental outlook
11. Adequate sleep
12. Coping skills
13. Car safety
14. Alcohol
15. Number of sick days
16. Health perception
17. Preventive exams

INTERVENE

Multi-week, evidence-based **Online Interventions** address emotionally driven dependencies surrounding the following topics:

- Living Lean™** for weight management
- Living Easy™** for resiliency and stress management
- Living Smart™** for managing alcohol consumption
- Living Free™** for smoking cessation
- Living Fit™** for daily exercise (walking challenge)



- Based on cognitive behavioral training conducted by certified trainers.
- Online format fills the need for a convenient, private, and always-available resource.
- Multimedia format simulates a live coaching session.
- Support includes MP3 Downloads, up to 50 motivational email messages a year, and RealTalkRadio™, a weekly live online support group.

MOTIVATE

The **Online Wellness Center™** is your one-stop source for health, wellness, and disease prevention information.

- Directly accessible by participants at home or at the office via your corporate website or intranet.
- Online resource of health articles, calculators, and quizzes provides up-to-date information on dozens of searchable health topics.
- Teaches people how to stay well, and how simple life choices can make a positive impact on a person's health.



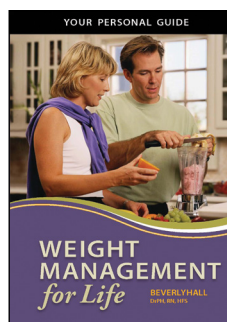
WellNotes® is an attractive, easy-to-read, 2-page wellness newsletter that will keep your participants informed about the latest health and medical information. It is available in English and Spanish.

- **Health Challenges™** encourage participants to learn and practice a good health habit for 30 days
- Includes access to a monthly Ask the Wellness Doctor™ feature
- Twelve monthly issues included with each subscription
- Links to informative and reliable health sources
- Amazingly affordable for organizations of any size
- PDF format for easy online viewing and color print duplication
- Customize with your logo and message



Printed Educational Materials

- **WellAssured® Guides** – These 28- to 40-page booklets provide practical, scientifically sound advice on lifestyle-related issues. Titles include:
 - A Healthy Heart
 - Better Nutrition
 - Healthy Living
 - Improving Fitness
 - Living with Diabetes
 - Managing Cholesterol Levels
 - Managing High Blood Pressure
 - Stress Management and Emotional Wellbeing
 - Quit Smoking
 - Weight Management
- **Step Into Fitness & Health**
- **Weight Management for Life**



TRACK

With the **Health Activity Tracker™ (HAT)** participants record health activities and aerobic miles, and view biometric data. The online program tracks participants' progress toward health goals and awards points for completed health activities.

HAT makes it easy for administrators to monitor program participation, compare groups, review trends, and keep participants connected and involved in wellness activities.

- Extremely customizable and easy to administer
- Convenient to access and easy to use



MEASURE

PWP Advantage Administrator Reports offer valuable information for measuring the success of your wellness program:

Productivity & Economic Benefit Report™ – Estimates a company's potential cost savings in the areas of excess healthcare claims, absenteeism, and productivity losses.

Group Progress Report – Gives employers an easy and flexible way to compare any group's wellness improvements from one period to another.

Subgroup Summary and Detail Summary Reports – Provide blinded group data for most risk factors to help you view the overall health of your population and fine-tune your wellness efforts.

Trend Report – Shows individual trends in health with detailed charts from one assessment period to the next.

Counselor Summary Report – Summarizes the Individual Report results for health counselors and medical providers, comparing prior assessment results to the individual's current scores.

Executive Summary Report – Summarizes PWP results by group – comparing against national benchmarks – and shows group health risks and interest along with recommendations for risk reduction and health enhancement programs.

