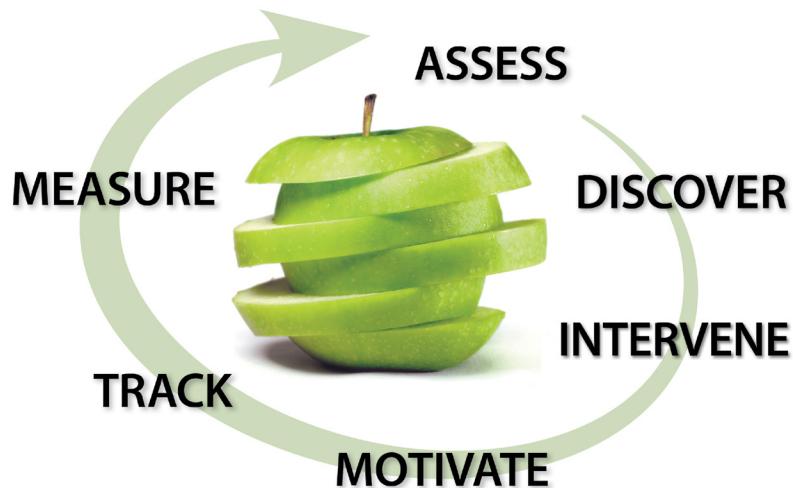




# WellSuite®

## Measurable Results at an *Affordable Price.*

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.

### ► 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.

© Wellsource, Inc.

**CUSTOMIZE THIS BROCHURE WITH YOUR LOGO AND CONTACT INFORMATION HERE. PRESS CTRL(COMMAND)+E TO CHANGE TYPE COLOR AND ATTRIBUTES.**

# 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
  - Body Fat
  - Blood Pressure
  - Resting Pulse
  - Hemoglobin A1c
  - PSA (men)
  - Cholesterol
  - Triglycerides
  - Glucose
  - Strength & Flexibility
  - Aerobic Capacity



Customize reports with your company logo and banner.



Customize this banner with your logo and graphics



**Participant Counselor Report** [DATE and TIME]

Sample, Joe 1234 E Any Street Los Angeles California  United States 503-555-6543 joe@email.com	Gender: Male Age: 45 Birth Date: 01/01/1968 Doctor's Name:	Comments:
---	---	-----------

Note: Two scores for the same test result designate the current and previous scores only available if more than one assessment has been taken. Assessments are listed by the name given by the participant followed by the assessment date.

Assessment/s:
 

- [YEAR MONTH DATE TIME]
- [YEAR MONTH DATE TIME]

**Wellness Overview of Major Areas**

Needs improving  
Doing well  
Excellent

[YEAR MONTH DATE TIME] [YEAR MONTH DATE TIME]

**Overall Wellness Score**

36  
36

[YEAR MONTH DATE TIME] [YEAR MONTH DATE TIME]

A score of 60 or more indicates that the participant is doing well. A score of less than 60 indicates that improvement is needed. For the assessment [YEAR DATE TIME], the overall wellness score is 36/100. This puts the participant in the **Needs improving** category.

# 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:

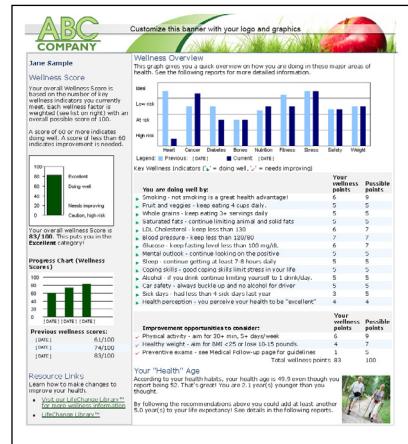
- Priority Health Recommendations
- Medical Follow-up Report
- Next Steps – Making Changes page (customizable)

▶ 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



# 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)



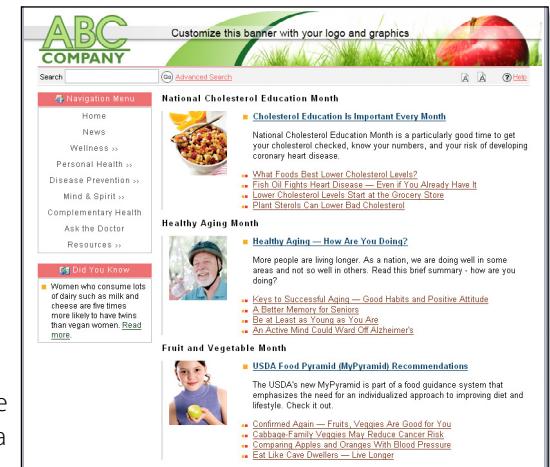
The screenshot shows the livinglean.com website. The main header reads "The Lifestyle Management & Nutrition Program". The top navigation bar includes links for HOME, COURSE REVIEW, INSTRUCTIONS, CALENDAR, HELP, and FAQ. A "START A SESSION" button is prominently displayed. The main content area features a section titled "LIVING LEAN IS CHANGING LIVES!" with a quote from Ronnie Meyer, H. Below this, there's a "Personal Empowerment Training" section with a video player showing an "Introduction" video. The page also includes a "Did You Know" box, a "RealTalk Radio" section, a "Personal Journal" section, a "Tip of the Day" section, a "Blog" section, and various other resources like a menu planner, calorie calculator, nutrition glossary, and food category explorer. The footer includes a copyright notice: "Copyright © SelfHelpworks, Inc. All Rights Reserved."

- 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.



The screenshot shows the Online Wellness Center website. The top navigation bar includes links for "ABC COMPANY", "Search", "Advanced Search", and "Logout". The main content area features a "National Cholesterol Education Month" section with a banner image of a bowl of cereal. Below the banner, there are several links: "National Cholesterol Education Month is a particularly good time to get your cholesterol checked, know your numbers, and your risk of developing coronary heart disease.", "What Foods Best Lower Cholesterol?", "Fish Oil Fights Heart Disease — Even If You Already Have It", "Lower Cholesterol Levels Start at the Grocery Store", and "Plant Sterols Can Lower Bad Cholesterol". The page also includes sections for "Healthy Aging Month" (with a photo of an older man) and "Fruit and Vegetable Month" (with a photo of a woman holding an apple). Each section has a list of related articles.

**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



The screenshot shows the WellNotes newsletter. The top header reads "INFORMATION YOU NEED TO KNOW FOR KEEPING HEALTHY" and "WellNotes®". The main content area features a section titled "The Secret to Staying Well" with a photo of a person washing their hands. Below the photo, there are several tips: "Press the button in an elevator. Hold the door open with your right hand. Grab a door handle. And some germs probably joined you on your journey.", "In a recent study, researchers placed obese adults on a healthy diet. Before each meal, the participants drank grapefruit juice or drank a glass of grapefruit juice. At the end of the 14-week study, the group that drank grapefruit juice lost 12 pounds per person. A control group followed the same diet, but drank water before each meal. The control group also lost an average of 15 pounds per person. But the grapefruit group also lost an average of 15 pounds per person.", "Enjoy the Goodness of Grapefruit", "Low-Intensity Exercise Lowers Blood Pressure", and "You can lower your blood pressure by doing low-intensity exercise most days of the week with these simple tips". The bottom of the page includes a "Register for ABC Wellness Day!" button.

## 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:

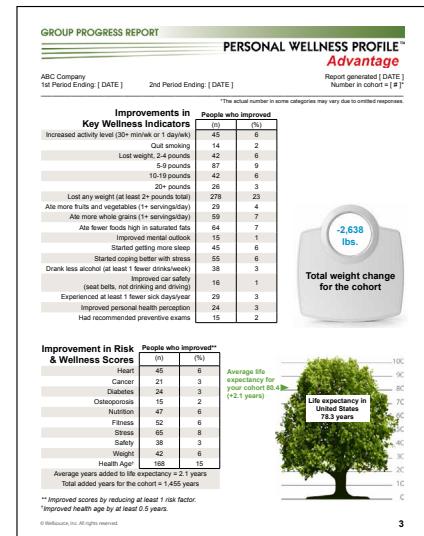
### Productivity & Economic Benefit Report™

– 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.