

Wellness Portal

make healthy habits easier



A complete wellness program that you can customize to support your employees' health and well-being.

Health Risk Assessments

Group Challenges

Personal Challenges

Custom Activities

Biometric

Reporting

University

Rewards Engine



Comprehensive wellness program, without the extra admin time.

Here's what you can receive:

HEALTH ASSESSMENT

Ground-breaking technology that features next-level engagement, where questions asked are based on how the participant answers the prior question. Powered by WellRight, managed by AdvantageHealth.

Features include: Virtual video coaches, educational material, behavioral questions, integrated biometrics, and proprietary AgeGage technology. Based on small change habit theory, medically verified.

Make it your own: Import your current health assessment, enhance our health assessment, add non-wellness questions (safety, security), and customize colors and images.

WELLNESS CHALLENGES & CAMPAIGNS

Pre-defined wellness challenges: Over 100 of the most widely used challenges in wellness are accessible with the click of a button. These activities have been carefully and intelligently crafted to encourage building small daily habits and life skills. Custom trackers have been developed for every activity along with automated emails, videos, educational material, leaderboards, and branded posters.

Custom wellness challenges: Incorporate one of AdvantageHealth's wellness challenges into your program. Challenges reach far beyond physical fitness and address total well-being backed by the latest research. **Everything you need:** customization, tracking card, promotional materials, education materials, and follow-up evaluation of challenge.

MOBILE APP ACTIVITY TRACKING

Integrate free & accurate fitness apps: New smartphone apps make it possible for anyone to track their fitness without purchasing a wearable fitness tracking device and are more accurate than wearables because they track actual distance traveled via GPS, not just body movement.

How it works: Participants download one of the top fitness apps for free: MapMyFitness, Moves, RunKeeper, and more. Then they log into our web portal and connect to the app. Activity data starts flowing immediately. Without logging into our web portal again, they can complete challenges by simply carrying their mobile phone with them.

Already have a wearable device? Participants can also use wearable devices, it all works together seamlessly.

Enjoy this robust, flexible wellness platform without the extra work!

UNIVERSITY

An **online education module** that offers the following benefits:

Personalization: When participants complete the Health Assessment, they are presented with suggested courses as a part of their personal wellness plan.

Extensive Offerings: Choose from over 100 online courses, with many being presented in video form to make the learning experience more enjoyable.

Trackable: You can require that certain modules be completed for a reward. Using our reports, you can track completed courses.

Custom courses: In minutes, you can create your own custom University courses. Topics need not be limited to health subjects. For example, courses can be created to train employees on safety, certification, or compliance. Content for your courses can be text-based or video-based.

TRACKING & REWARDS

Tracking: Gauges and progress bars motivate participants to achieve their wellness goals. The rewards engine can be configured to earn points, levels, enter raffles, or awards. AdvantageHealth works with you to design the best rewards structure for your team, its goals, and your budget.

Payroll Integration: If you reward with a premium discount, HRA contribution, FSA contribution, or cash incentives, we can provide a direct data feed that integrates with your payroll.

Gift cards: Reward participants with gift cards. As participants reach milestones that you set, they can earn gift cards of their choosing. The gift cards are delivered immediately via email for convenience.

Collectible blocks: As participants complete each challenge, they can earn the associated reward block. Not only do the blocks give a sense of accomplishment, seeing them on desks across the organization promotes the program.

COACHING

Unlimited Coaching: Unlimited phone-based coaching is included!

If you are simply looking for a Health Risk Assessment (HRA), we have other less expensive options available to meet your needs.

Your road to wellness.



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