



Driving Member Well-being and Engagement

Without Limits.

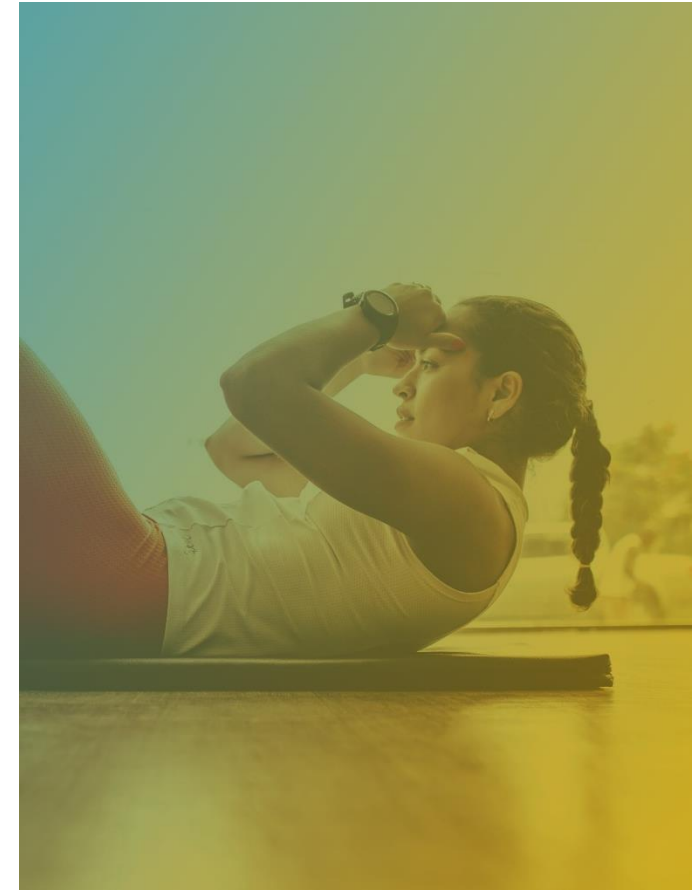


2020-2021 Offerings
Designed for the
Southern Coastal Fund

Introducing

activefit+[®]

A healthcare solution used by health Plans and Plan Sponsors to boost, track and reward the physical and emotional well-being of Southern Coastal Fund members



Prescription: Get Moving!

Regular exercise and physical activity may help:

- + Control weight.
- + Reduce the risk of heart diseases.
- + Manage blood sugar and insulin levels.
- + **Boost the immune system.**
- + Improve mental health and mood.
- + Keep thinking, learning, and judgment skills sharp as you age.
- + Strengthen bones and muscles.



- + Reduce the risk of some cancers, including colon, breast, uterine, and lung cancer.
- + Reduce the risk of falls.
- + Improve sleep.
- + **Increase chances of living longer.**

Harvard University researchers recently noted that as little as 15 minutes of **physical activity** a day can boost your life span by three years.

Protect the health of our members.
Address their physical and mental fitness needs.
Prevent issues in the future.

Attaining Goals

Unlimited access to **30k+ fitness facilities** and fully **Virtual On-Demand and Live Workouts**—including:

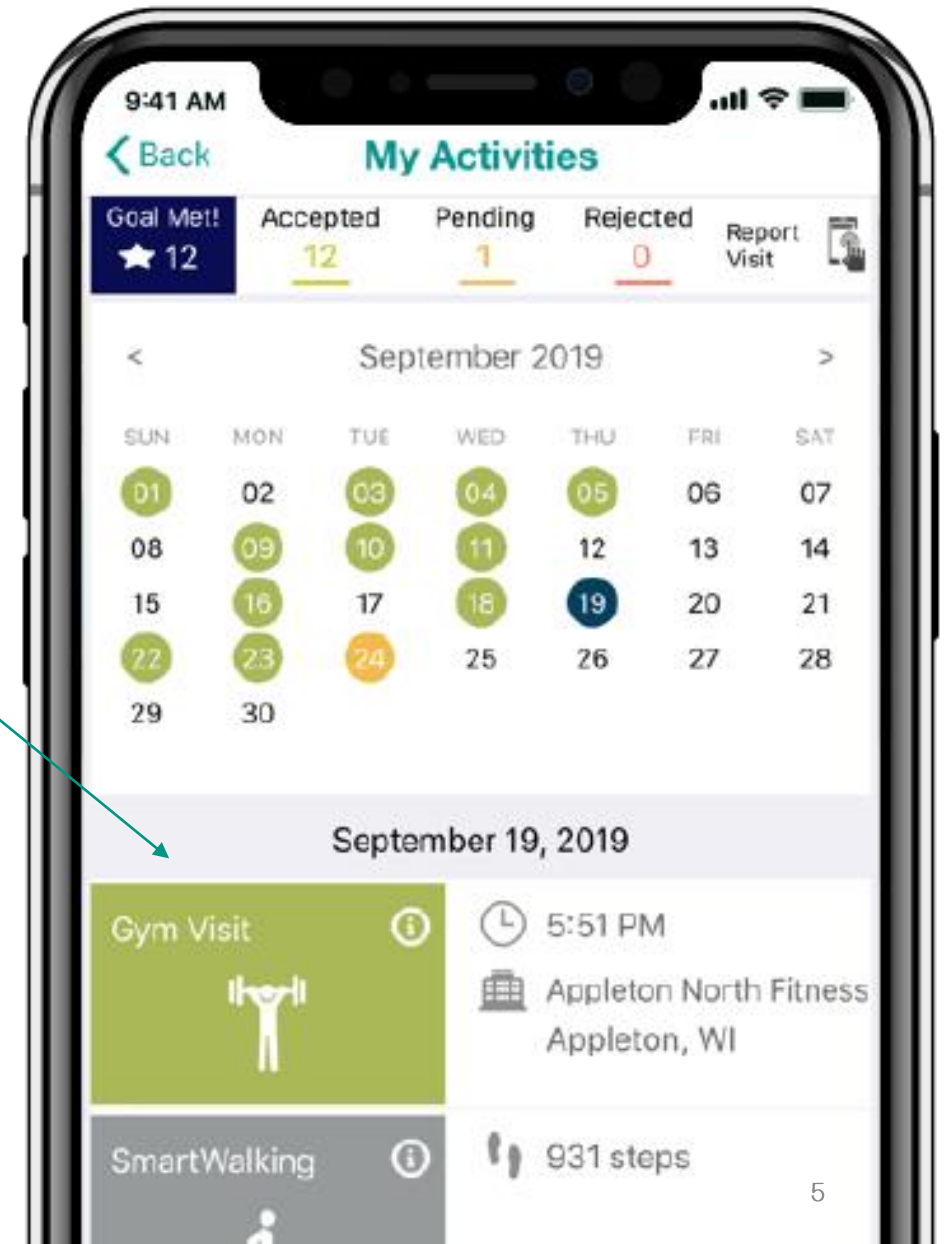
NEW: ActiveFit@Home™*

- get credit for you your home workout!

Validated member participation

- Geolocation
- GPS
- Beacons
- Partner integrations

*TM Pending

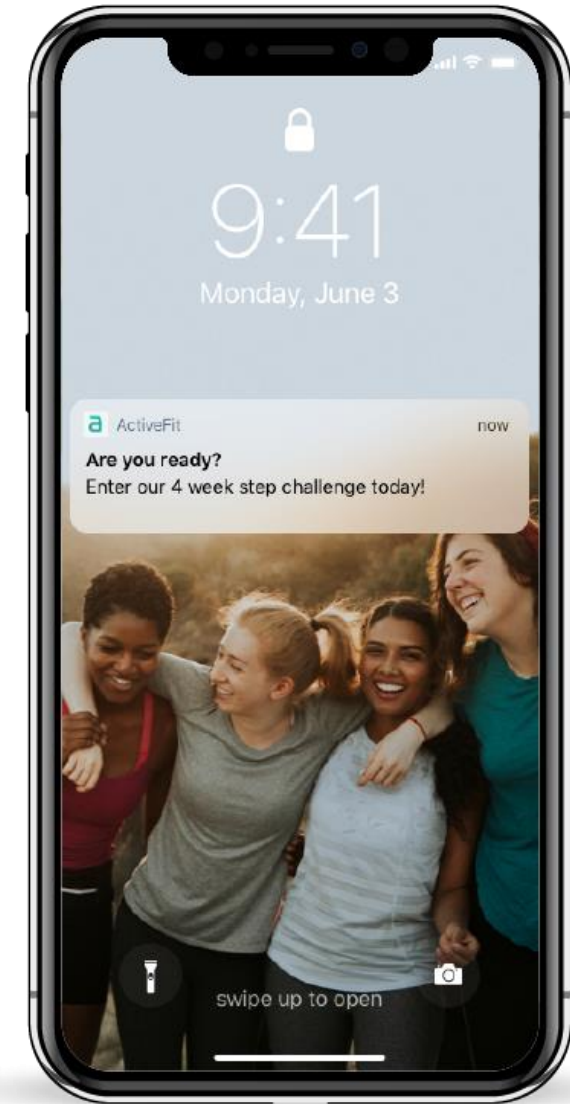


Challenges

Fire-up participation!

Specific parameters are created in **collaboration with employers:**

- Motivational messages
- Progress reports
- Eligibility to receive cash or other promotions based on performance



ActiveFit+Blog

Customized & aggregated content

- Nutrition
- Mind & Body
- Reducing Stress
- Making Time for Exercise



Mental Fitness Tracking

Integrates with Spot-It™, an emotional intelligence program based on the best clinical science of Cognitive Behavior Therapy (CBT)

- Teaches **coping strategies for stress and anxiety**
- Video modules, Peer-to-Peer, Group and Individual Support
- Scalable for office size, geographic dispersion
- Validated participation data

SPOT-IT™

FACT SHEET



**BREAKING FREE
FROM STRESS, WORRY, AND ANXIETY**

Anxiety is now the number one mental health issue in the U.S.—more prevalent than depression—affecting 40 million adults in the United States age 18 and older.¹

Stress is real workplace issue—with 20% of workers spending more than five hours a week worrying.²

Spot-It™ is a Cognitive Behavioral Therapy (CBT) technique that helps people:

- ✓ More effectively cope with stress and anxiety
- ✓ Decrease the symptoms of anxiety
- ✓ Feel better about themselves
- ✓ Enhance their self-esteem



Cognitive Behavioral Therapy (CBT) is the “gold standard” in treatment today.

A PROVEN 4-STEP SYSTEM

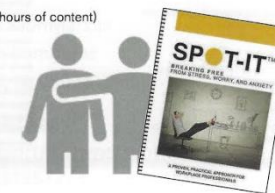
Spot-It™ is an emotionally intelligent, mindset modification program proven to positively impact anxiety-related symptoms. It is a peer-to-peer, self-help system that rests upon a simple, easy-to-follow 4-step process that garners both immediate and long-term results. Finally, there is a turn-key solution to effectively combat the debilitating effects of stress and anxiety in the workplace!

A LICENSED PROVIDER

DillonMarcus is a licensed provider of Recovery International's (RI) self-help method. Spot-It™ participants have access to the full suite of RI resources—meetings, emails and a private Facebook community.

What's included in this online offering:

- A 9-module video training course (3+ hours of content)
- Two back-stage **bonus modules**
- A printable **workbook**
- **Quick-reference resources**
- A **Certificate of Endorsement**
- Weekly **reinforcement emails**
- Monthly **webinars** with replay capability
- A 30-day **money back guarantee**



Start Experiencing

Emotional Intelligence
Happier Employees
More Productivity
Less Sick Time
Lower Health Insurance
Claims

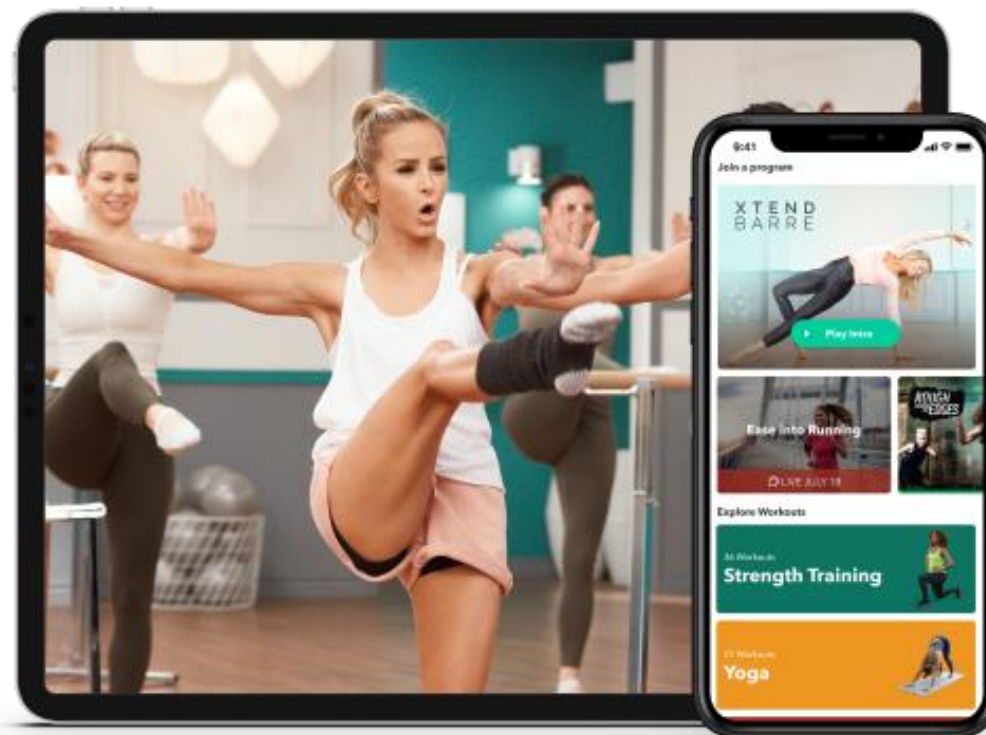
NEW

Virtual Fitness From Home

Starting January 1, 2021, Advanta Health and Openfit® are teaming up to provide an array of on-demand and live-trainer-led virtual fitness programming! The partnership gives Advanta Health members access to:

- On-demand fitness programs led by world class trainers! With nearly 200 unique workouts, there is an option for every body.
- Over 350 live classes to choose from every week, with real-time support from a “virtual” personal trainer via smartphone.
- Includes boot camp, yoga, kickboxing, cardio, strength training, barre, Pilates, stretching, and more!
- Personalized nutrition tracking, meal plan options, plus hundreds of recipes to choose from.

openfit.



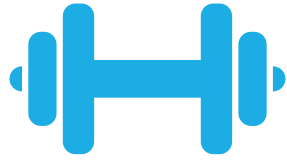
Stream from your TV, laptop, tablet or app



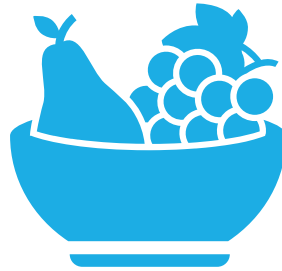
Roku



GET**ACTIVE** PROGRAM – ACTIVEFIT+



Physical activity tracking of steps, fitness facility visits and self-instructed, at-home workouts for cash incentives.



Access to ActiveFit+ Blog with wellness articles on mindfulness, meditation, exercise and nutrition.



Integration with Walgreens Balance Rewards program to earn additional rewards for steps.

Cost

\$1.00 Per Eligible Member Per Month

Plus Cash Incentives, if applicable

MIND&BODY PROGRAM – ACTIVEFIT+ MENTAL FITNESS



Physical activity tracking of steps, fitness facility visits and self-instructed at-home workouts.



Access to ActiveFit+ Blog with wellness articles on mindfulness, meditation, exercise and nutrition, and more.



Integration with Walgreens Balance Rewards program to earn additional reward for steps.



Integration with mental fitness tracking platform to reward members for taking control of their own emotional health.

Cost

\$1.50 Per Eligible Member Per Month

Plus Cash Incentives, if applicable

TOTAL VIRTUAL WELLNESS PROGRAM – ACTIVEFIT+ MENTAL FITNESS+ VIRTUAL FITNESS



Physical activity tracking of steps, fitness facility visits and self-instructed at-home workouts.



Access to Activefit+ blog with wellness articles on mindfulness, meditation, exercise and nutrition, and more.



Integration with Walgreens Balance Rewards program to earn additional reward for steps.



Integration with mental fitness tracking platform to reward members for taking control of their own emotional health.



Integration with hundreds of live instructor-led and on-demand virtual fitness programming to validate participation of structured, at-home workouts. This program provides hundreds of recipes, tasty meal plans, grocery lists and self-monitored food tracking capabilities, as well.

Cost

**BEST
VALUE**

\$2.50 Per Eligible Member Per Month

Plus Cash Incentives, if applicable

A person wearing a dark athletic shirt and shorts is sitting on a grassy hill, adjusting a smartwatch on their left wrist. They are wearing running shoes and have earbuds in. The background shows a sunset over a landscape with hills and a stone wall. The image has a blue and yellow color gradient overlay.

Let's get started!

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