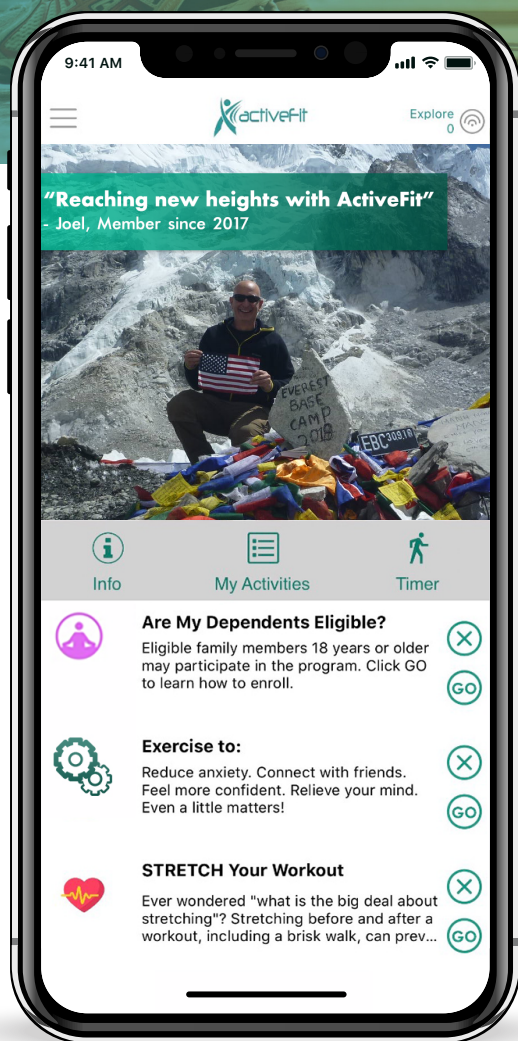


# Rewarded.



Offerings are scalable for office size and geographic dispersion and are fully supported by a live, member services team. Incentives are customized and flexible based on budget and needs.

## A wellness program for today's workforce

In these changing times, Advanta Health's commitment to providing **flexible, virtual** and **affordable** wellness programs for employer groups of all sizes has never been stronger. We understand the challenges facing today's workforce. And, **we are working harder than ever to stretch the value of your wellness grants so your employees can feel healthier, cared for and connected** to each other and to you. Our mission is simple: Get and keep people moving. Our goal: To provide programs which can be done **anywhere**, at **any time** for **anyone** no matter where they are in their wellness journey.

### ActiveFit+ can provide Southern Coastal Fund employer groups with:

- + Advanced, validated step tracking, **with or without a wearable**, to encourage daily exercise and engagement.
- + Access to hundreds of **live instructor-led and on-demand virtual fitness programs**<sup>1</sup> including yoga, HIIT, boxing, martial arts, and more. Food tracking capabilities help employees reach their personal nutrition goals.
- + Mental fitness exercises with **effective coping strategies for stress and anxiety**<sup>2</sup>. Simple daily prompts, video modules, peer-to-peer, group and individual support encourages employees to take control of their own emotional health.
- + **Challenges** to drive excitement, **engagement** and a sense of **connectivity** in an ever-evolving, virtual and working-from-home world.
- + Unlimited tracking of visits to any of the nation's **30K fitness facilities**. From boutique studios to national fitness chains, our commitment to the comeback of America's gyms remains strong.

<sup>1</sup>On-demand and live trainer-led workouts are powered by Openfit®, an all-new digital streaming platform designed to help people reach their workout and personalized nutrition goals. <sup>2</sup>Mental Fitness programs are powered by Spot-It™, a Cognitive Behavioral Therapy (CBT) based technique that helps people more effectively cope with stress and anxiety.

For more information, demo and custom pricing:  
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