



Wellness.

Help Your Members Get Healthy and Stay Healthy

Remove the barriers to wellness participation

Physical and mental fitness have never been more important, but the key to member participation and compliance with a wellness program is meeting your population where they are on the fitness continuum. Too many programs throw up barriers that make it difficult to participate — specific gyms, wearables, and other special equipment.

Advanta Health removes these types of barriers with a program that can be done anytime, anywhere, and without special equipment or joining a gym. All it takes to get started is a quick download of our mobile app on your smartphone and a little motivation.

How does it work?

Each person is tasked with completing wellness activities every month. You can choose to:

- + Walk/jog/run with or without a wearable device
- + Exercise at home with your own equipment
- + Go to the gym or fitness center of your choice
- + Participate in live instructor-led and on-demand virtual fitness programs (e.g. yoga, HIIT, boxing, Barre, Pilates, martial arts, and more)
- + Reduce anxiety and stress by completing a series of self-help mental fitness exercises
- + Track your food intake to help reach personal nutrition goals

Advanta Health can design a cash incentive or other type of recognition program to reward members who successfully reach their wellness goals.

What's the investment?

Programs range from **\$1 - \$2.50** per eligible per month. Advanta Health will freeze its 2020 pricing for Southern Coastal Fund groups who commit by the end of January, 2021.

Let's get started.

Contact Courtenay Higgins today at chiggins@advantahealth.com for an **ADVANTA** demo and proposal.

Apply for 2021 wellness credits today!