

BUILD A HEALTHIER WORKFORCE

Wellness with benefits



Trusted by over 3,100 organizations and compatible with the technology that members already own.



WITHINGS

INTRODUCING

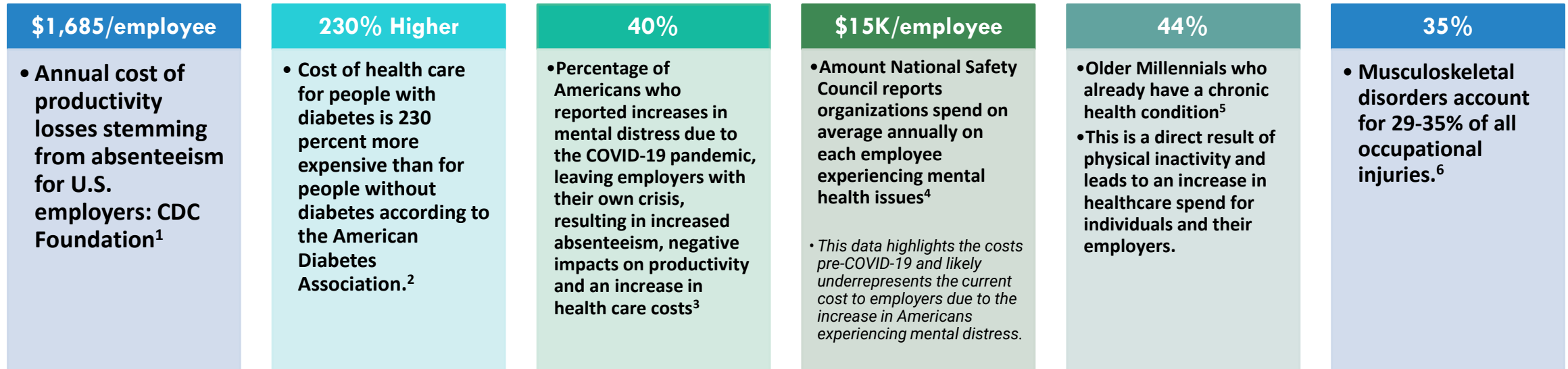
activefit+[®]

A bring-your-own-device behavior change solution used by employer groups to boost, track and reward physical and emotional well-being.

Advanta members logged **billions of steps** and **millions of gym and home workouts** last year alone.



WHAT EMPLOYER GROUPS ARE FACING



¹<https://www.cdcfoundation.org/pr/2015/worker-illness-and-injury-costs-us-employers-225-billion-annually>

²<https://www.nsc.org/newsroom/new-mental-health-cost-calculator-demonstrates-why>

³https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm?s_cid=mm6932a1_e&deliveryName=USCDC_921-DM35222

⁴<https://www.nsc.org/workplace/safety-topics/employee-mental-health>

⁵<https://www.cnbc.com/2021/05/04/older-millennials-chronic-health-conditions.html>

⁶<https://www.cdc.gov/niosh/nioshtic-2/20044181.html>

HOW EXERCISE HELPS

(from running a marathon, to taking a 20min light walk)

**43%
Lower***

- Risk of diabetes for middle aged adults who walked the most steps-per-day according to 2020 research presented to American Heart Association¹

**31%
Lower**

- **31% lower risk of high blood pressure¹**

1,000*

- Among women, every additional 1,000 steps were associated with a 13% lower risk of becoming obese.
- 31% lower risk of high blood pressure¹

15 min

- Number of minutes of physical activity a day Harvard University researchers say can boost your life span by three years²

6:1 ROI

- In a study done on the ROI of employee wellness programs, Harvard researchers conclude that, on average, for every dollar spent on employee wellness, medical costs fall \$3.27 and absenteeism drops \$2.73. This is a 6-to-1 return on investment³

50%

- MSK disorders treated through a physical activity can reduce indirect costs associated with MSK by 50%⁴

¹<http://exclusive.multibriefs.com/content/absenteeism-costs-employers-billions-of-dollars-every-year/business-management-services-risk-management>

²<https://www.health.harvard.edu/heart-health/exercise-15-minutes-a-day-ups-lifespan-by-3-years>

³<https://pubmed.ncbi.nlm.nih.gov/20075081/>

⁴<https://www.cdc.gov/niosh/nioshtic-2/20044181.html>

Don't Just Take Our Word For It!

Testimonials from employer groups:

"I think the Active Fit program is so versatile. I can go to the gym, or walk or do a mental health mini-module and I get paid for activities I'm already doing. It definitely makes me more active."

"I love the Active Fit program because it encourages me to be accountable. I can easily blow off steps or exercise if I'm the only one who is keeping track, but when I know that others are checking--and that there's money involved--I park a bit farther away from the store, take the stairs more often, and show up to my virtual exercise classes."

"I love the Active Fit program as it encourages me to stay healthy daily. It is achievable, simple and earning money for taking care of yourself is quite the incentive!"

1million+
Accepted Activities

6-1 ROI

*Harvard Study 2019

Employee
Wellness
Programs

All-In-One
Digital Solution



Advanta
is the engine
behind
HorizonbFitSM



The average
member will
open the
app 6 times
per week

73%
Engagement
Rate*



*Year 2021

**Public Sector
At a Glance
2021**



Over 23%
of members
acheive their
goal from
Home workouts

1

in every 5



Eligible Individuals
will complete an activity TODAY

advanta
HEALTH SOLUTIONS

17%
Growth
in
Enrollment
YOY



350+
Public
Sector
Groups
Served

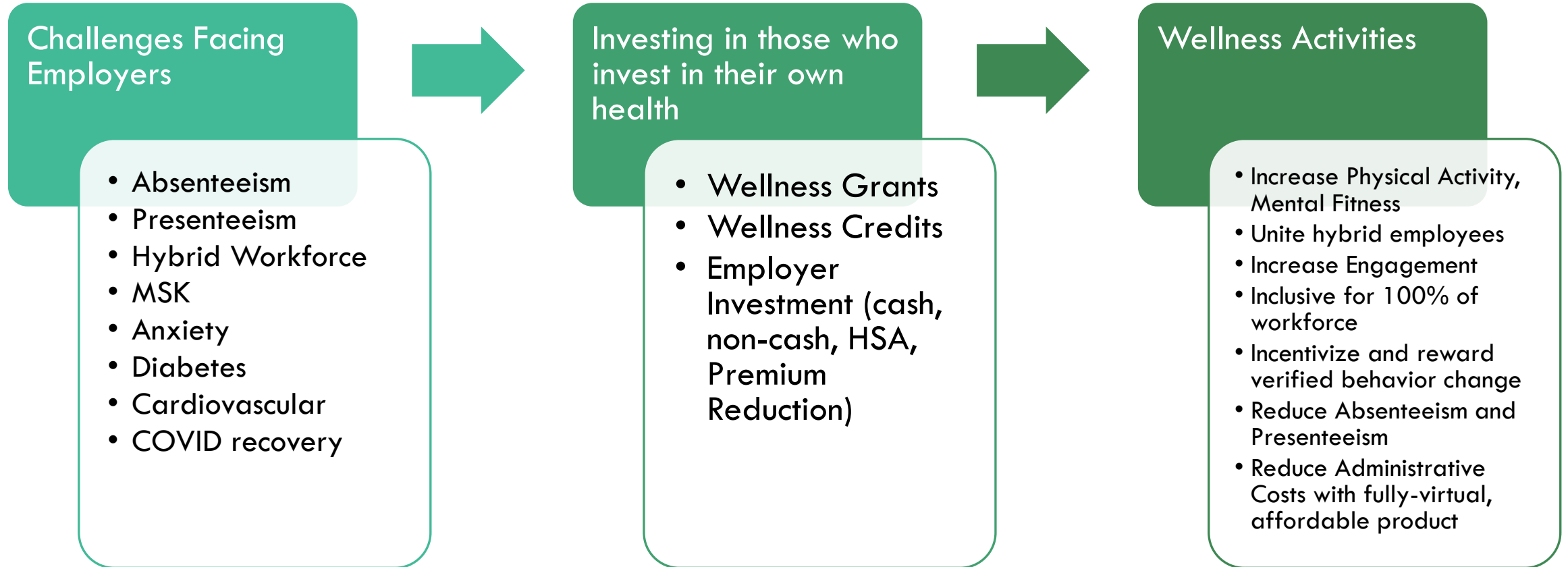
2021 ACTIVITIES BY THE NUMBERS

6,721,573 accepted wellness activities across all sectors & clients

Our members walked **95 Billion steps** in 2021!

= **47.5 Million Miles** or Over **200** round trips to the **MOON** (the average human walks 3 miles per day)

WE HELP YOU HELP YOUR WORKFORCE QUICKLY AND EASILY



MEMBERS ATTAIN MILLIONS OF GOALS

A wellness activity will be earned when an employee enrolls in the program and completes any of the following:

• **Visit one of their designated fitness facilities*** – including:

- yoga & Pilates studios
- physical therapy centers
- community centers
- more!

Facility visits will validate member participation via:

- Geolocation
- GPS
- Beacons

• **Complete an ActiveFit@Home® Activity**

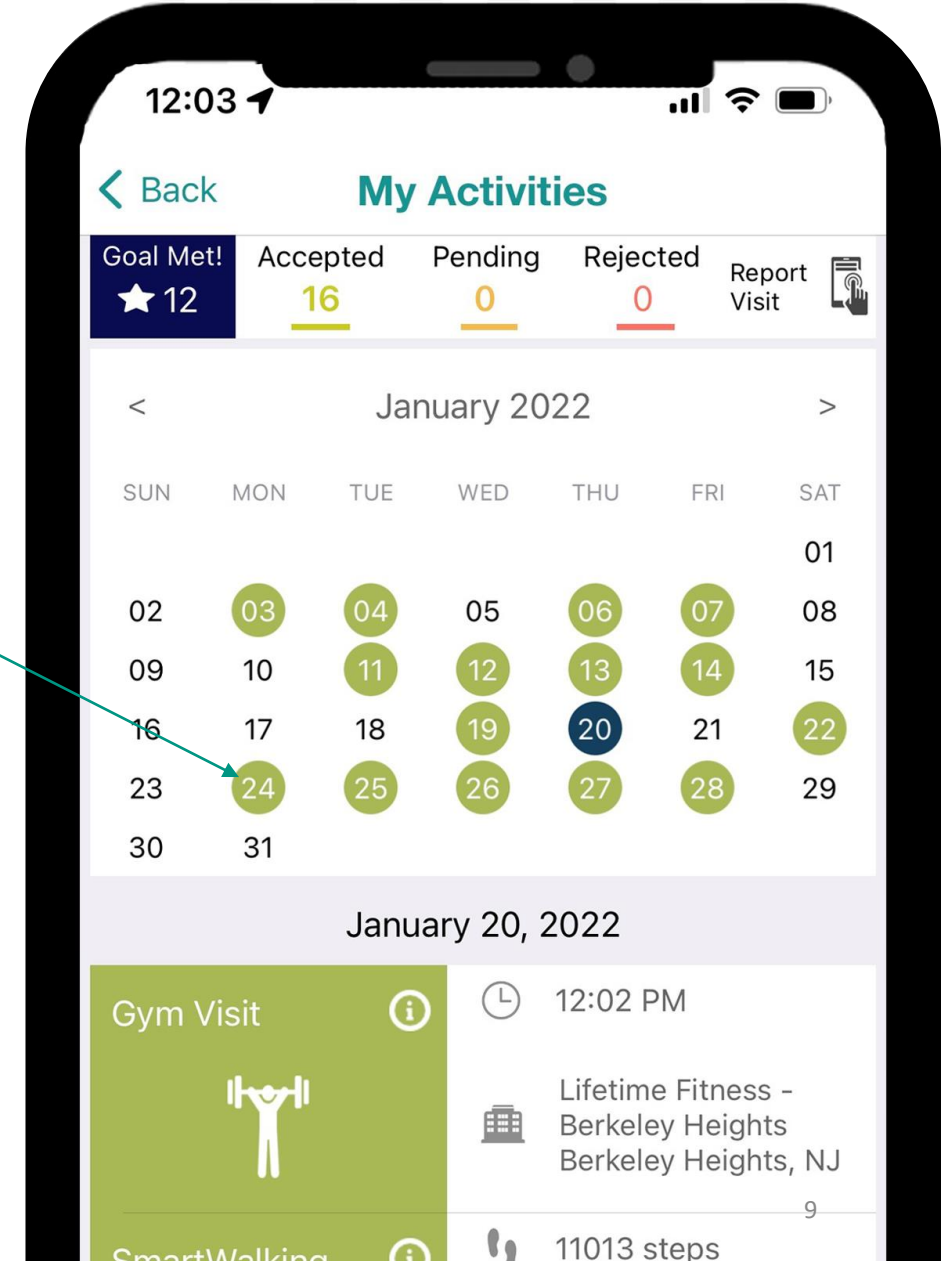
Members get credit for their approved, home workout!

• **Complete a Mental Fitness Activity**

• **Walk 10K steps in one Day**

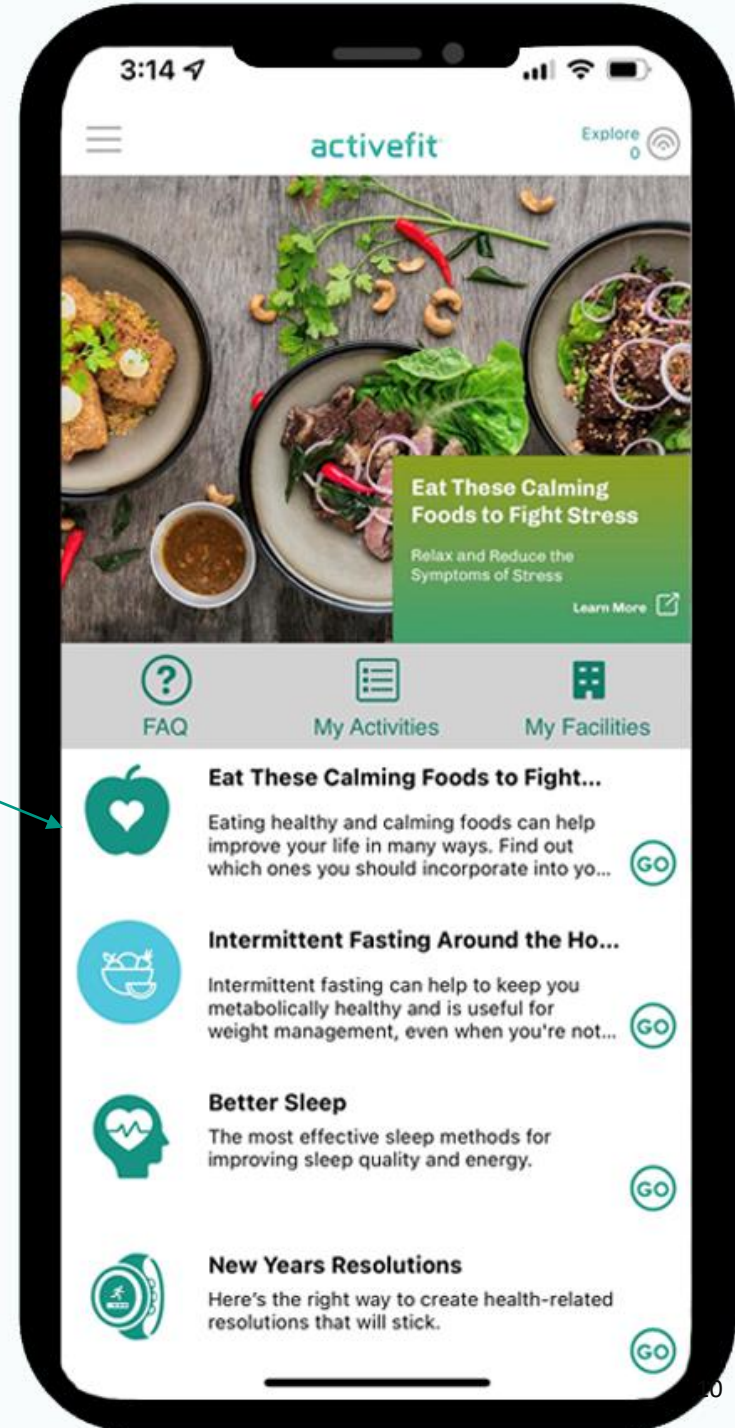
• **Complete a Virtual Fitness Activity**

*Facility Membership Required



MEANINGFUL MESSAGING HELPS DRIVE PARTICIPATION

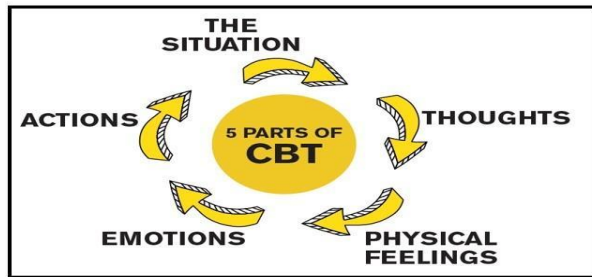
- **Customized Wellness Messaging**
- Nutrition
- Mind & Body
- Reducing Stress
- Making Time for Exercise
- Burnout
- Sleep



ADDRESSING THE MENTAL HEALTH CRISIS

Designed to help employers **increase emotional intelligence** and enhance the self-esteem of employees.

- Based on Best Clinical Science of Cognitive Behavior Therapy (CBT)
- Teaches **copng strategies for stress and anxiety**



- Video modules, Peer-to-Peer, Group and Individual Support
- Scalable for office size, geographic dispersion
- Validated participation data



Anxiety is now the number one mental health issue in the U.S.-more prevalent than depression-affecting 40 million Adults, age 18 and older.

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

VIRTUAL PROGRAMS FOR ALL BODY TYPES AND WELLNESS LEVELS

- Structured, daily programs help get members to their goals – cardio, strength, barre, yoga and more – always available in their home, on their schedule.
- Live & On-Demand classes
- Sound Meditation for Mental Fitness
- Walking & Running Classes
- Nutrition & Meal Planning



Diabetes Pilots/Partners to reduce the cost of chronic conditions



Introducing POGO Automatic®

Blood glucose testing, simplified.

The POGO Automatic meter is a new way to test blood glucose. Turn on meter, then just **Press Once. GO!** It's simple, discreet, and won't get in the way of your life. Just load the 10-test cartridge, turn on the meter and press your finger on the blue button. The meter does the rest. It's that simple.

Advanta Health launched a pilot in November with strategic partner Intuity Health and their diabetes device monitoring program, POGO Automatic. Offering will be enhanced to add blood sugar testing as an approved ActiveFit+ activity for members participating in the pilot.



Cash and Non-Cash Incentive Options for Every Budget



**Monthly Cash
via ACH**



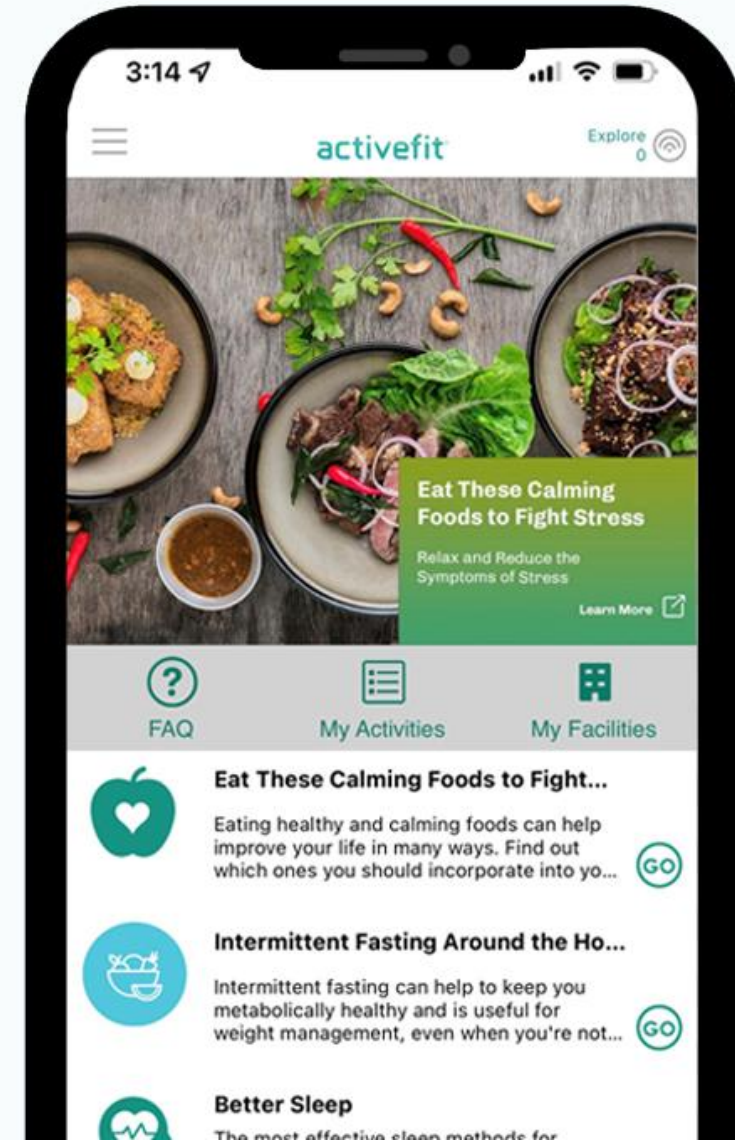
**Capped Annual
Incentive**



HSA Contribution



Premium Reduction



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 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**

Costs range from \$1.20 - \$3.00 PEPM

Plus Cash Incentives, if applicable

Let's get started!

advanta
HEALTH SOLUTIONS

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