



# 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 hold 2020 pricing for coastal groups that come in before 8-1-21.

### Let's get started.

**Contact Courtenay Higgins** today at [chiggins@advantahealth.com](mailto:chiggins@advantahealth.com) for an **ADVANTA** demo and proposal.

## Apply for 2021 wellness credits today!