

# Smarter than the average wellness portal. Meet HealthyLife®



Healthy Challenges

HRA

Biometrics

Incentives

Coaching

Scheduling

Social Media

Gamification

Health Library

iPhone app

**Unlimited Customization!**

## Healthy Challenges

Engage employees with the most entertaining wellness initiative around—themed health challenges. Create your own custom challenges or choose from over 40 of our turn-key solutions including the following topics:

- Physical Fitness
- Weight Loss
- Tobacco Cessation
- Stress Management
- Flu Prevention
- Nutrition

## HRA & Biometrics

Our HRA doesn't just give participants results, it directs them to make a change! Easily integrating with other parts of the portal OR your existing programs outside the portal, this HRA promotes ACTION and not just Education. Easily upload biometric data to integrate with the HRA and portal.

- Customize questions and the user report
- Import biometric data into HRA
- Upload previous HRA data
- Real time reporting for both user and administrator

## Incentives

Employees can earn points for virtually anything that can be tracked on the system. It's the perfect way to get them motivated!

- Easy configuration
- Generate reports on demand
- Easy exports for fulfillment





### Coaching Platform Option

Whether you have your own coaches or use ours, HealthyLife® makes coaching enjoyable, easy, and effective!

- One-on-one, telephonic, group, or online
- Offer different coaching initiatives based on risk stratification
- Participants can set self-goals
- Blog-style communication for engagement

### Scheduling

Easily batch schedule for flu shots, coaching, screenings or any other events you may have planned. Let your employees sign up for wellness events in the place they already go for wellness!

- Automatic email confirmation
- Sync with Outlook, Google Calendar, and more!
- The easiest scheduling system available!



### Social Media

Social media is here to stay. Why not apply the same principles working across the internet to health? Employees love communicating with one another and coordinating healthy activities.

- Health buddies
- Instant Messaging
- Built in email
- Talkboards for blogging: messages, pictures and voting
- Teams and special interest groups

### Gamification

Let's be honest: health isn't always fun. But we are on a mission to change that! Adding a "game" element to healthy behaviors is just what the doctor ordered.

- Fun trackers
- Word scrambles, virtual treasure hunts, races, health trivia
- Secret pop-ups and milestone messaging
- Virtual score with achievement levels & badges



### iPhone app

Download the free iPhone app and participate from your palm. All of the features from the website are available on the app plus it turns your iPhone into a pedometer for easy and accurate tracking! Also optimized for use on android and blackberry devices.

- Increase engagement with easy cell phone use
- syncs with FitBit and USB pedometers
- Windows Phone app also available



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