American Institute for Preventive Medicine

HealthyLife®

@ WORK

We didn't just join the well-being movement.
We started it. And now, we're reinventing it.

We'd like to introduce you to your new
well-being best friend, **HealthyLife® @ Work.**

✓ Affordable for any size group

✓ Engineered to engage

✓ Evidence-based behavior change

800.345.2476
HealthyLife.com

Plans that Fit You

You decide your level of involvement. Want to be completely hands off while our team handles every aspect of program administration? We've got you. Want to be more hands on and work side by side with your account team? Perfect, we've got you there too.

HEALTHYLIFE® @ WORK *pro*

Foundation

- ✓ Automated program delivery
- ✓ Employee facing website
- ✓ Monthly communication campaign
- ✓ Monthly well-being e-newsletter
- ✓ Weekly live well-being workshops
- ✓ On-demand well-being courses
- ✓ Well-being communication hub
- ✓ Well-being & culture audit

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HEALTHYLIFE® @ WORK *plus*

Everything in *pro* +

- ✓ Dedicated well-being & culture manager
- ✓ Two annual well-being challenges
- ✓ Peer-to-peer challenges
- ✓ Device & app syncing
- ✓ Health assessment
- ✓ Health & well-being library
- ✓ Wellness points & incentives (limited customization)
- ✓ Physician forms
- ✓ Goal setting
- ✓ Mobile app
- ✓ Standard & ad-hoc reporting

$$

HEALTHYLIFE® @ WORK *premier*

Everything in *plus* +

- ✓ Full platform customization
- ✓ Unlimited well-being challenges
- ✓ Mental & emotional well-being digital coaching
- ✓ Wellness points & incentives (unlimited customization)
- ✓ Custom promotional campaign
- ✓ Ad-hoc & custom reporting

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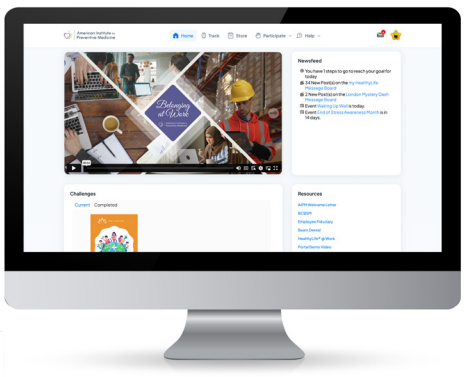

Program Enhancements

- Health coaching
- Digital health coaching
- Live workshops
- Custom challenges
- Rewards mall
- Partner network
- Printed products
  - Wall calendar (corresponds to monthly theme)
  - Newsletters
  - Self-care books
  - Brochures
  - Much more

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Automated program delivery
We take care of the heavy lifting, and you take care of collecting compliments on a well-being program, well done.

Employee facing website
All program content, communications, resources and programs are conveniently housed on an easy-to-use well-being website. It's updated each month to include fresh, new content aligned with the monthly theme.

Monthly communication campaign
Each month presents a theme and plenty of engaging resources to educate and engage your population.

Monthly well-being e-newsletter
Topics cover the full spectrum of well-being. This four-page publication delivers actionable insights, expert guidance, and engaging content.

Weekly live well-being workshops
No matter where your people are, we will engage them through these interactive live workshops! Those who cannot attend live will have a recorded option.

On-demand well-being courses
28 fun, interactive, video-based workshops that cover an incredible array of topics, including but not limited to: nutrition, mental well-being, weight management, heart health, yoga & stretching, meditation, stress management, hydration, financial well-being, caregiving, healthy sleep, digital well-being, and fitness.

Well-being communication hub
You, your team, and anyone else at the organization have access to a robust communication hub with resources to promote well-being online and offline.

Well-being & culture audit
Find out where your company culture stacks up currently and where opportunities are to quickly improve.

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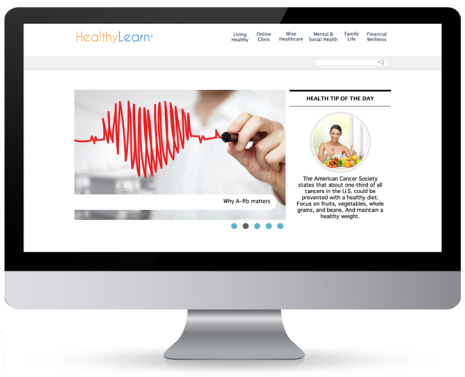

Dedicated well-being & culture manager
Your well-being BFF. You'll never feel as supported as you do with our well-being team.

Two annual well-being challenges
Twice a year your organization is invited to participate in pre-selected challenges. The interesting (and fun!) twist is that your entire organization is on the same team competing against other organizations.

Peer-to-peer challenges
One of many ways we allow the participants to create their own experience on the platform, this time by encouraging their peers to get healthy with them!

Device & app syncing
Easily sync with the major apps and devices. These include: Apple, Fitbit, Google Fit, Garmin, Strava, Runkeeper, MapMyFitness, and many more.

Health assessment
Based on clinically validated measures, easy for participants, and provides actionable feedback to make positive lifestyle changes.

Health & well-being library
3000+ articles and videos covering the full spectrum of well-being topics. Includes unique print on-demand feature.

Wellness points & incentives (limited customization)
Our best practice wellness point structure is provided with the ability to add 5 custom items. The point structure serves as a great way to track incentives!

Physician forms
Encourage annual visits to the doctor with physician forms. We provide the form as well as the easiest ways to upload them—just snap a photo with your smartphone!

Goal setting
Giving participants autonomy over their experience has proven invaluable. Custom goals can be setup, tracked, and achieved!

Mobile app
All of the amazing features you can find on the web portal right in the palm of your hand! Available on iPhone and Android.

Standard & ad-hoc reporting
We'll set you up on a standard reporting schedule to make sure you're seeing the data and results you signed up for. You can pull your own reports through the admin dashboard as well.

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- ✓ Unlimited well-being challenges
- ✓ Mental & emotional well-being digital coaching
- ✓ Wellness points & incentives (unlimited customization)
- ✓ Custom promotional campaign
- ✓ Ad-hoc & custom reporting

Full platform customization
Want to completely customize the portal so that it meets your exact needs and branding guidelines? Our development team can create magic.

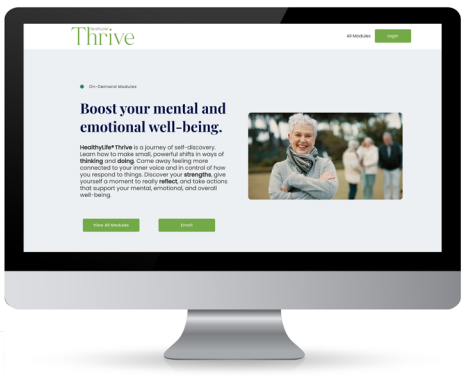
Unlimited well-being challenges
Challenges remain one of the most popular features of our program, and that's because they are just plain fun! Choose from over 40 themed challenges that are ready to go.

Mental & emotional well-being digital coaching
Thrive is a self-paced, digital coaching program that addresses the core components of mental and emotional well-being.

Wellness points & incentives (unlimited customization)
Unlock the most robust and flexible point system on the market. It's limited only by your imagination.

Custom promotional campaign
The key to a successful well-being program is to communicate, communicate, communicate. We've got you more than covered in this department. We will work with you to develop a completely custom communication strategy and then execute on that strategy.

Ad-hoc & custom reporting
A custom reporting schedule will be agreed upon and delivered. We will also assemble a once-annual fully custom evaluation report with book-of-business comparisons and tailored recommendations and strategies.



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