

2024

B2-WELL

YOU CAN NEVER BE TOO WELL!





You Can Never Be Too Well!

Healthy & Happier Employees

....Are More Productive Employees



The Wellness & Well-Being Need

Today's Fast Paced World Have Left Employees Stressed & Over Worked

- 63% Globally Say **Employee Wellbeing** Is **More Important** To Their Company Since 2020
- 87% Globally Have A **Wellbeing Initiative** In Place
- 47% Globally Say **Employee Wellbeing** Has **Increased As A Priority** Since 2020
- 83% Globally Have A **Wellbeing Strategy** In Place, A **28 Point Increase** From 2020

WORKPLACE WELLNESS

Employee Health Risks



50% Do Not Get Adequate Exercise



25% Has Cardiovascular Disease



50% Has High Cholesterol



25% Has High Blood Pressure



25% Are Overweight By 20% or More



70% to 90% of health care spending is caused by preventable, modifiable, health risks!

Benefits For Your Employees

- Awareness of Ways to Improve Health
- Less Stressful Workplace
- Improved Health & Higher Morale
- Greater Job Satisfaction & Company Loyalty
- Leads to Employees Feeling Valued



- Increased Productivity & Output
- Reduced Personal Healthcare Costs
- Flexible Approach to Health Issues
- Improved Mental Health
- Reduced Company Healthcare Costs

Benefits For Your Organization

- Better Understand the Needs of Your Workforce Through Data Driven Insights
- Reduce Risk & Medical Costs for Your Organization & Your Employees
- Be Recognized as an Employer of Choice, Supporting Retention & Recruitment

- Enable Healthy Behavior Change for Your Employees
- Foster a Supportive, Engaged Culture & Reduce Absenteeism & Presenteeism
- Meet New ESG Standards and Embrace a Modern Workforce Model



Wellness & Wellbeing Solutions from B2WELL

Enabling the wellbeing of workforces across North America by supporting employers in their role for caring for their people – no matter where they are on their wellbeing journey.

The FOUR DIMENSIONS of WELL-BEING

WHAT IS WELLBEING?

Wellbeing is a state of balance determined by having the appropriate resources, opportunities and commitment needed to achieve optimal health and performance for the individual and the organization.



EMOTIONAL



PHYSICAL



FINANCIAL



SOCIAL

WHY IS EMPLOYEE WELLBEING IMPORTANT

Providing wellbeing tools, education, training, fitness & wellness programs to support your people throughout their employee lifecycle can differentiate your company as an employer of choice while also controlling rising healthcare costs.

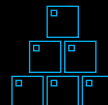
Strong employee wellbeing is also linked to positive business outcomes, including:



Higher Engagement



Company Loyalty



Productivity

WHAT WE DO

B2WELL's team of consultants combines in-field experience, industry best practices, solutions and a structured program approach to help businesses and human resource leaders understand their company's current state of health, identify their wellbeing and employee wellness objectives, build and execute a plan to meet those goals and objectives while measuring the impact.

B2WELL's Wellbeing and Wellness Solutions team also provides turnkey support, programs and solutions around the four dimensions of wellbeing and wellness and specific areas of expertise such as research and analytics, employee communications, wellness deployments & vendor engagement.

BENEFITS FOR YOUR ORGANIZATION



Better understand the needs of your workforce through data-driven insights & programs



Enable healthy behavior change for your employees



Reduce risk and medical costs for your organization and your employees



Foster a supportive, engaged culture and reduce absenteeism and presenteeism



Be recognized as an employer of choice, supporting retention and recruitment



Benefit from higher production with better mentally fit and physically fit employees



COMPLETE PROGRAM



Needs Assessment and Program Planning:



Identify the company's wellness goals and objectives.

Conduct a needs assessment survey among employees to understand their health concerns and preferences.

Form a wellness committee or team to oversee program development.

Health Screenings and Assessments



Offer biometric screenings (e.g., blood pressure, cholesterol, glucose levels) to identify health risks.

Provide health risk assessments to gauge employees' health status and behaviors.

Physical Wellness



Fitness classes: Arrange regular on-site or virtual fitness classes such as yoga, Pilates, or cardio workouts.

Gym memberships: Provide discounted or subsidized memberships to local gyms or fitness centers.

Steps challenges: Organize friendly step-count competitions to encourage physical activity.

Ergonomic assessments: Offer ergonomic evaluations to promote proper workplace posture and prevent musculoskeletal issues.

Nutritional Support



Nutrition workshops: Conduct workshops on healthy eating, portion control, and balanced diets.

Nutritional counseling: Provide employees access to registered dietitians for personalized guidance.

Healthy snacks: Stock workplace kitchens with nutritious snack options.

Mental Health and Stress Management



Stress reduction workshops: Offer sessions on mindfulness, meditation, and stress management techniques.

Employee Assistance Program (EAP): Provide confidential counseling services for employees dealing with personal or work-related challenges.

Mental health resources: Offer access to educational materials, articles, and webinars on mental health topics.



COMPLETE PROGRAM



Tobacco and Substance Abuse Programs



Smoking cessation programs: Offer resources, counseling, and support to employees looking to quit smoking.

Substance abuse resources: Provide information and assistance for employees struggling with substance abuse.

Health Challenges and Incentives



Organize wellness challenges: Set up friendly competitions focused on weight loss, physical activity, or healthy eating.

Incentives: Offer rewards such as gift cards, paid time off, or contributions to Health Savings Accounts (HSAs) for meeting wellness goals.

Work-Life Balance



Flexible work arrangements: Allow remote work or flexible hours to support work-life balance.

Time management workshops: Provide training on effective time management and prioritization.

Health Education and Resources



Webinars and seminars: Arrange educational sessions on various health topics, delivered by experts.

Wellness newsletters: Regularly share health tips, success stories, and upcoming events.

Government Reimbursement and CPT Codes



Stress reduction workshops: Offer sessions on mindfulness, meditation, and stress management techniques.

Eligibility assessment: Research whether the company qualifies for government reimbursement for implementing a wellness program. Eligibility criteria and reimbursement mechanisms can vary by location and jurisdiction.

CPT codes: While CPT codes typically apply to medical procedures and services billed to insurance, they may not directly apply to corporate wellness programs. However, if the program involves medical services like biometric screenings or remote health monitoring, specific CPT codes might be relevant for documentation and billing purposes. (see next slide)

Employee Assistance Program (EAP): Provide confidential counseling services for employees dealing with personal or work-related challenges.

Mental health resources: Offer access to educational materials, articles, and webinars on mental health topics.



Launching the Program with your Company

Obtain Leadership Buy-In



Gain support from senior management for program funding and resources.

Develop Program Materials For Company



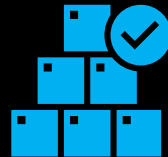
Create promotional materials, wellness guides, and online resources specific to your company.

Communicate Program to Employees



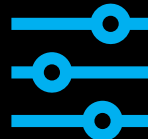
Launch the program with a clear communication plan, including emails, posters, and presentations.

Implement Services



Roll out various wellness services, workshops, and activities.

Evaluate and Adjust Program As Needed



Continuously gather feedback and data to assess program effectiveness and make improvements.

We will collaborate with legal, HR, and healthcare professionals to ensure compliance with laws and regulations, as well as to tailor the program to your company's unique needs and circumstances.



PROGRAM COMPLIANCE

Evaluation and Reporting:

Assess the program's impact through key performance indicators (KPIs) like employee engagement, participation rates, health improvements, and healthcare cost reductions.

Use data to refine the program and make data-driven decisions for future offerings.



Legal and Compliance:

Ensure that all program offerings and communications comply with legal and privacy regulations.



Employee Support:

Offer individual consultations with wellness experts for personalized guidance.

Maintain a dedicated wellness hotline or email for employee inquiries and support.



Sustainability:

Create a long-term sustainability plan to ensure the program's continued success and growth.



PARTNERS IN OUR PROGRAMS

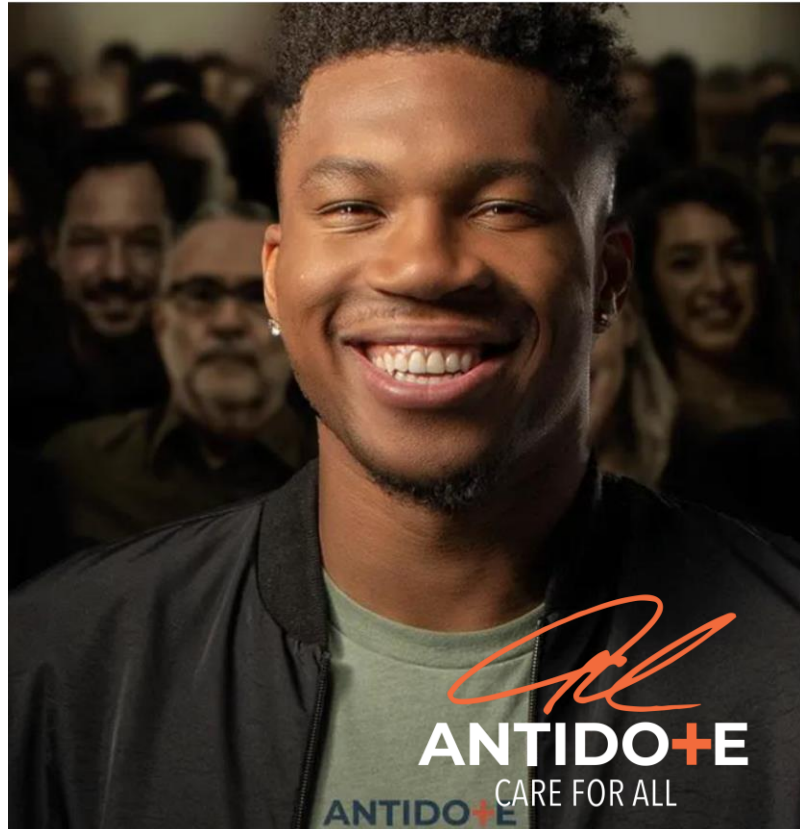


Our Partners Allow Us to Offer The Largest & Most Beneficial Offering of Wellness & Well-Being Solutions & Programs!



ANTIDOTE

Our partnership with Antidote helps round out our programs to include mental health treatments, healthcare coverage for the employee and family members, prescription drugs access and discounts and many more things – thus providing a fully rounded program for any company.



- 1. Expanded Healthcare Services:** Partnering with Antidote Health & B2Well enables our clients to access a broader range of healthcare services. This integration enhances the value of your wellness programs by providing comprehensive health support, including 24/7 medical consultations and personalized healthcare plans.
- 2. Comprehensive Wellness Solutions:** B2Well's extensive corporate wellness and well-being solutions can offer a holistic package covering physical fitness and medical health in conjunction with Antidote.
- 3. Remote and Hybrid Workforce Support:** Our remote medical consultations and support enhance solutions for remote and hybrid employees in today's flexible work environment.
- 4. Personalized Care and Education:** Our shared emphasis on personalized care and education lead to a fully integrated wellness and well-being program, combining physical fitness with preventative care and chronic condition management.
- 5. Enhancing Employee Well-being:** Our commitment is to improving employee productivity and well-being by ensuring easy access to healthcare, reducing absenteeism, and enhancing overall well-being.
- 6. Deep knowledge and insights:** Our access to data and real-time medical conditions provides a holistic view of the employee(s) level to initiate engagement tools and positive outcomes.





Affordable, Accessible and Convenient



High quality care.



Continuity of care with
your chosen Providers.



Mental health care on your
terms.



High quality convenient
treatments for chronic
conditions.



24/7 Virtual care with
minimal to no waiting time.



Pediatric virtual care any
time of the day or night.



Patients Love Using Antidote Health



“Very helpful physician. She listened to what I had to say. Gave good advice. A much more relaxed way to speak with a doctor.”

Stacy P



“The doctors are very nice and helpful, and the wait time is amazing.”

Blake B



“The doctor was very patient and listened to all I had to say and gave me very sound advice. It was clear that he was talking to me as a patient and not a prescription.”

Brandon W





Always On

Our doctors are available 24/7/365 for all your healthcare needs.

With average waiting times less than 10 minutes and service available via our mobile app, there is no reason to wait to see a doctor.



Our Doctors

Highly qualified
Completely committed



Family Plans

Include children
and family members



Medications

Payment included
without deductibles



Data Science

Using technology
for better outcomes



Our Coverage

75% of the US



Dedicated Doctor

Choose a dedicated
Antidote physician



Prescription Savings

Built in prescription
coupons for all patients



Centralized Records

Store all medical records
in one safe place

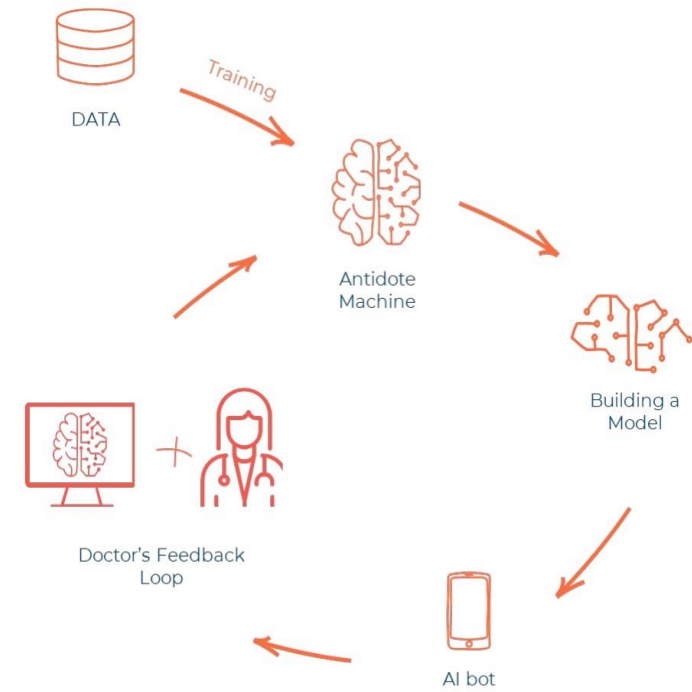
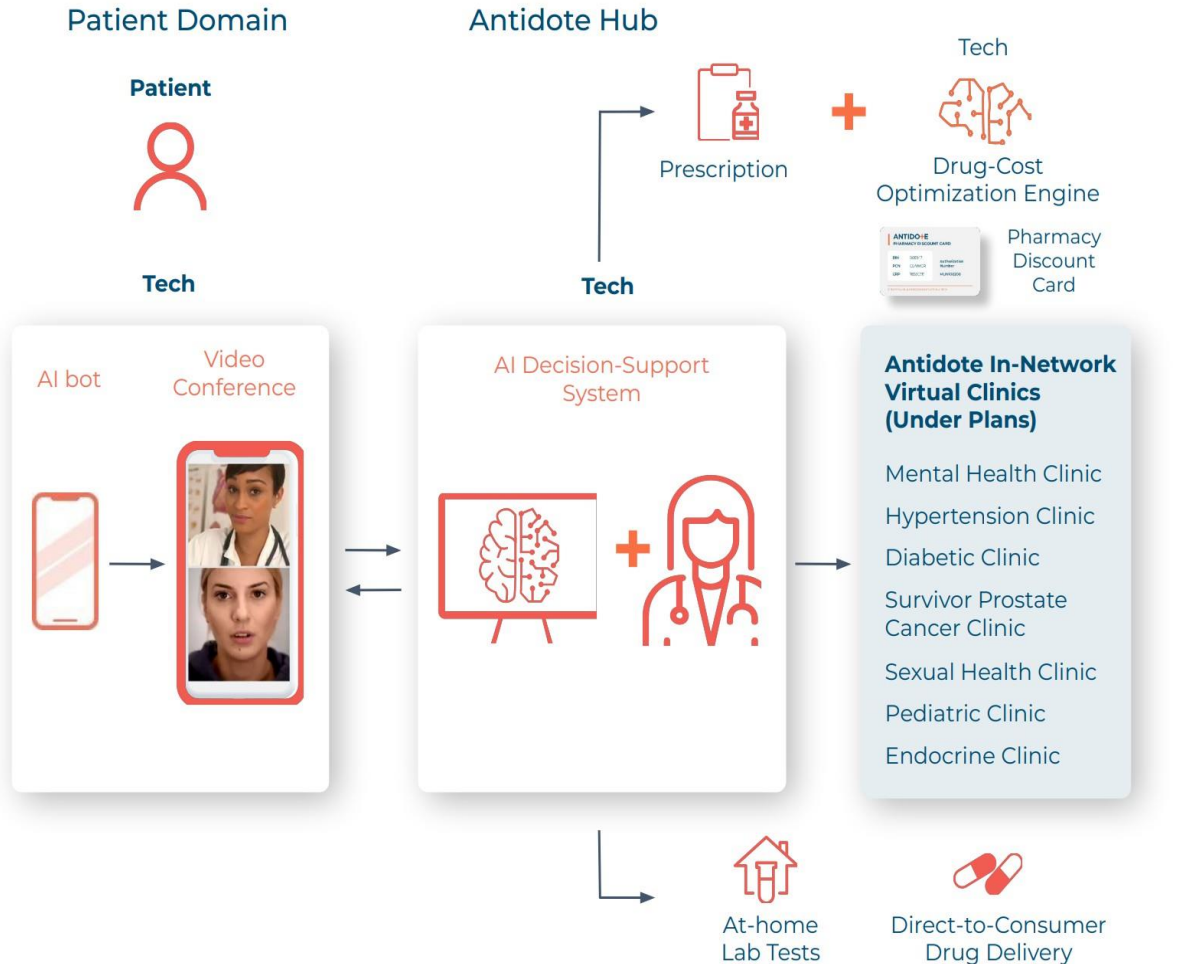


Family Physicians

Maintain seamless care
for the entire family



Tech & Quality – The Platform



Care That Matters in Today's New World

We can provide complementary health services to employees or families that are not covered today, such as:

For ANY employee family

Seasonal employees & their ENTIRE Family

Part-time employees & their ENTIRE Family



We Will Save You Money

Access to multiple services with ONE fixed low monthly price for all. No surprises.

Improving the outcome of care, reduce the cost of expensive needs such as ER and uncontrolled chronic conditions.

Serving as an audit for the need for procedures or exams.

Our Care Navigator will help guide the right decisions.



Telehealth Services

ANTIDO+E

Welcome, **Sophia**

Get Care

- Primary Care Visit
- Other Health Services
- Plans and Prices

My Activity

All (3) Appointments and follow-ups (1) Refer

Kaylie

UPCOMING APPOINTMENT


Dr. Alicia Roberts at 11:00 am on 2/01/23

Your plan's limit for the amount of \$20 on covered prescriptions has been reached. Prescription discount still available in the Profile.

UPCOMING APPOINTMENT

Dr. Alicia Roberts at 11:00 am on 2/01/23

COMPLETING INFO FOR: JOHN



Your {clinic name} visit with a clinician has been scheduled:

11:00 min

Wait time may vary, depending on clinician availability.

One last step before your visit is approved

Your appointment slot will be saved for **7 minutes** until you complete your payment. Choose "Proceed" to pay for your visit

Proceed

COMPLETING INFO FOR: JOHN

Select Pharmacy

- Pharmacy Lorem Ipsum
123 Amy st. Lebanon NH,1235
- Pharmacy Lorem Ipsum
123 Amy st. Lebanon NH,1235
- Pharmacy Lorem Ipsum
123 Amy st. Lebanon NH,1235

Select

[Home Page](#)



Primary & Urgent Care

Our board-certified doctors are available 24/7 on your phone or computer, from the comfort of home or wherever you are.

- Primary Care
- Urgent Care
- Medical Notes
- Prescriptions and Refills

Commonly Treated Conditions:

- Acid Reflux
- Asthma & Allergies
- Cold, Flu & Sore Throat Cold Sores
- Birth Control Pills & Menstrual Pain Constipation
- Covid
- Dental Pain / Infections
- Headaches / Migraines
- Nausea / Vomiting / Diarrhea Pinworms Treatment
- Poison Ivy, Poison Oak & Poison Sumac
- Sinus Infection
- Tick Bites
- Urinary Tract & Yeast Infections



Hypertension



You will receive:	First Visit	Each Visit	Between Visit
Blood pressure control assessment	✓		
Video call with a medical expert to further understand your concerns and address your questions	✓	✓	
Customized treatment plans and adjustments to bring your hypertension under control	✓	✓	
Medications and prescription refills sent to your pharmacy of choice*	✓	✓	
Referrals for specialists, lab work or imaging as needed	✓	✓	
Access 24/7 to primary care/urgent care telehealth visits			✓
AI-driven monitoring of your condition data to find trends			✓
Secure medical data management to ensure all Antidote Health clinicians have access to your information every time you call			✓



Diabetes

Type 2 Diabetes Management Visits

You will receive:	First Visit	Each Visit	Between Visit
Diabetes control assessment	✓		
Diet and lifestyle assessment, with advice	✓	✓	
Video call with a medical expert to review your health and address your questions	✓	✓	
Customized treatment plans to monitor and help improve your blood sugar levels	✓	✓	
Prescriptions and refills sent to your preferred pharmacy*	✓	✓	
Referrals for specialists, lab work or imaging as needed	✓	✓	
Blood sugar tracking and monitoring tool			✓
Access 24/7 to primary care/urgent care telehealth visits			✓



Mental Health

Antidote offers affordable and high-quality mental health care. We provide treatment for the most common mental health conditions for Adults, Childs and Adolescents:

- Major Depressive Disorder (MDD Depression) Generalized Anxiety Disorder (GAD)
- Panic Disorder (including Panic Attacks)
- Social Anxiety Disorder
- Post Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- ADHD
- Insomnia Disorder

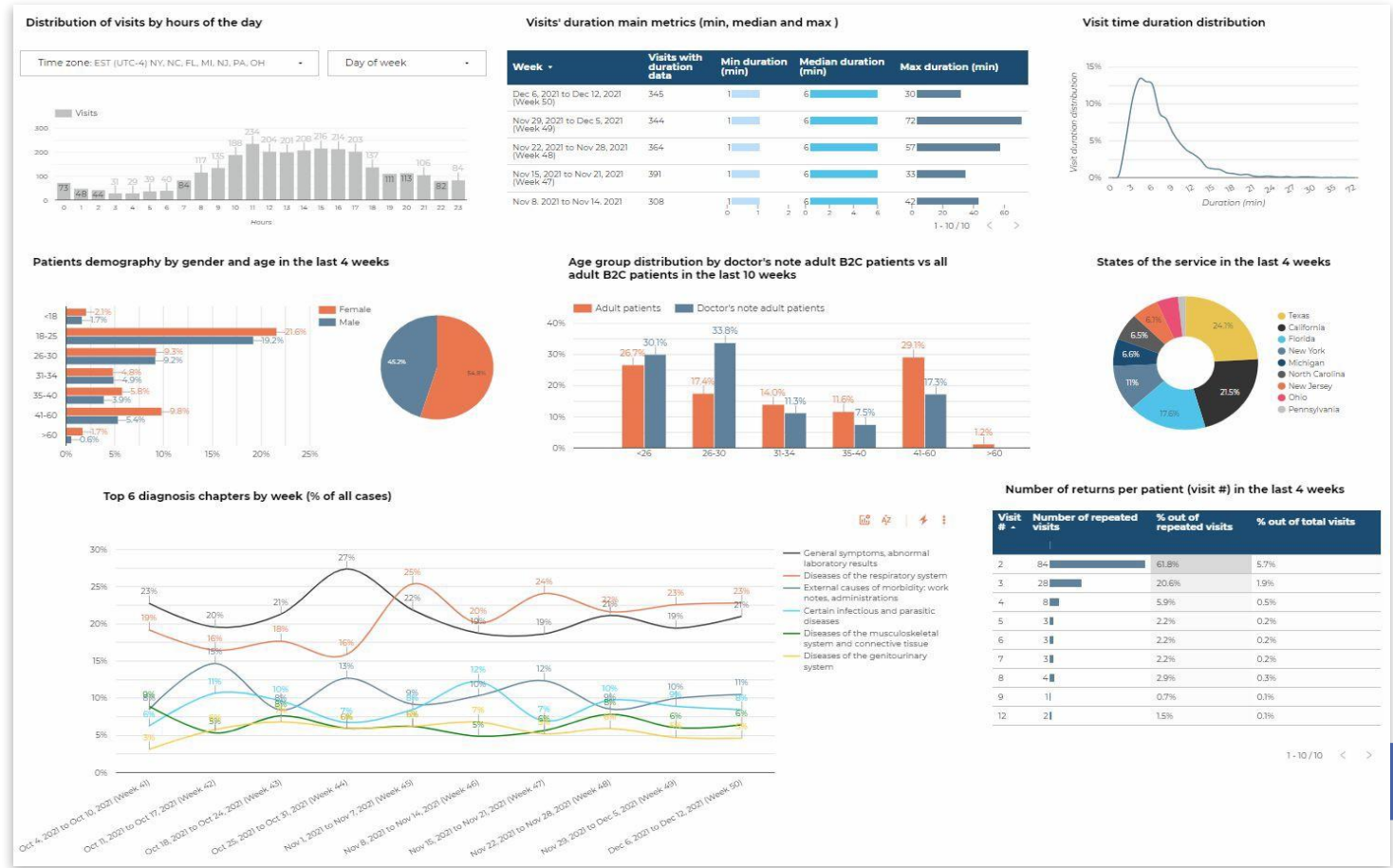


Data Driven



We provide an extensive set of reports and data driven services:

- Service usage
- Diagnosis types



On Demand Services

Antidote is capable in offering additional services to serve the needs of our B2B clients, such as:

Individual and Group Sessions:

- Nutrition and weight loss
 - Controlled substances cessation
 - Smoking cessation
-
- Services for additional chronic conditions tailored for the employer population
 - Individual health and risk assessments
 - Medical intervention plans
 - Corporate benefit plans savings and improvements
 - Engagement plans



POWER PLATE

Our partnership with Power Plate enables us to build out and offer cutting edge fitness equipment. Everything from building out an onsite wellness center for your company to shipping portable Power Plate fitness products to employees in their home so that they can remotely work out – we have products and budgets that fits any companies needs and budget.



Designed Around Accessible Workouts

We Provide The Equipment, Workouts, Instructors, Programs.....Everything!



WARM UP

TONE UP



REV UP

NEW CUTTING-EDGE WORKOUTS BASED ON POWER PLATE PRODUCTS

WARM UP

Whether your employees want to enjoy a relaxing massage or a gut-busting, sweat-inducing group exercise workout, the Power Plate MOVE™ delivers a lot of versatility in a small footprint.

TONE UP

Equipped with integrated proMOTION multidimensional variable resistance cables and the largest platform available, the pro7 is the perfect solution to provide strength and toning benefits from Power Plate's patented vibration technology.

REV UP

The concept is simple: vibration, when applied to cycling has been proven to drive significantly more muscle activation, increased oxygen uptake and greater calorie burn - resulting in maximum cardio, strength and wellness benefits. This type of training has never been possible before the Power Plate REV®.



REIMBURSEMENT MODELS WITHIN THE PROGRAM

Corporate Wellness Programs often employ various reimbursement models to incentivize employee participation and promote a healthier workforce. These programs aim to improve employees' overall well-being and, in turn, reduce healthcare costs for both employees and employers. The reimbursement models can vary, but here are some common ones that you as a company within our programs can take advantage of:

Direct Employer Funding:

- **Who Reimburses:** The employer directly funds the Corporate Wellness Program.
- **How Reimbursement Works:** The employer allocates a budget for wellness initiatives and covers the costs associated with the program. This can include gym memberships, health screenings, nutrition counseling, and more.
- **Groups Involved:** Employees, Human Resources (HR), and the employer's finance department are involved in managing and allocating funds for the program.

Insurance Premium Discounts or Rebates:

- **Who Reimburses:** Health insurance providers or self-insured employers.
- **How Reimbursement Works:** Employers partner with insurance companies to offer premium discounts or rebates to employees who actively participate in wellness activities, achieve health goals, or maintain certain health metrics.
- **Groups Involved:** Employees, health insurance providers, and the employer's HR department.

Health Savings Account (HSA) Contributions:

- **Who Reimburses:** Employers or employees contributing to HSAs.
- **How Reimbursement Works:** Employers may contribute to employees' HSAs when they engage in wellness activities or meet health targets. Alternatively, employees themselves can use their HSA funds for eligible wellness expenses.
- **Groups Involved:** Employees, employers, and HSA providers.

Tax Incentives:

- **Who Reimburses:** The government through tax incentives.
- **How Reimbursement Works:** Some governments offer tax incentives to encourage employers to invest in wellness programs. Employers can claim tax deductions or credits for wellness-related expenses.
- **Groups Involved:** Employers and government tax agencies.

Partnership with Wellness Vendors:

- **Who Reimburses:** A combination of employers and employees.
- **How Reimbursement Works:** Employers may partner with external wellness service providers who offer services like fitness classes, stress management, or nutrition counseling. Employees may pay a reduced fee or have access to these services at no cost.
- **Groups Involved:** Employees, wellness vendors, and employers.

Outcome-Based Incentives:

- **Who Reimburses:** Employers or insurance providers.
- **How Reimbursement Works:** Employees receive incentives (e.g., cash bonuses, gift cards, reduced premiums) for achieving specific health outcomes or participating in wellness programs.
- **Groups Involved:** Employees, HR departments, and insurance providers.

Employee Co-Pay Reimbursement:

- **Who Reimburses:** Employers.
- **How Reimbursement Works:** Employers may reimburse a portion or all of the co-pays for preventive health services, encouraging employees to seek regular check-ups and screenings.
- **Groups Involved:** Employees, HR departments, and employers.

Wellness Credits or Points:

- **Who Reimburses:** Employers.
- **How Reimbursement Works:** Employees earn credits or points for participating in wellness activities, which can be redeemed for various rewards, such as extra paid time off or merchandise.
- **Groups Involved:** Employees, HR departments, and employers.

To implement these reimbursement models effectively, communication and engagement strategies are crucial. Employers need to promote the wellness program, track participation and outcomes, and ensure that employees are aware of the available incentives and how to access them. Successful Corporate Wellness Programs often require a combination of these reimbursement models tailored to the organization's goals and employee demographics our partner B2WELL can guide you within these processes.



THANK YOU!



Website:

www.B2WELL.com

Email:

INFO@B2WELL.COM

