# REAL HEALTH SCORE™

MEASURE. IMPROVE. RE-MEASURE.




# A HEALTHIER WORKFORCE BUILDS A STRONGER TOMORROW.

**REAL HEALTH SCORE** is a comprehensive, objective health assessment that gives your employees a score, a plan, and the tools and coaching to improve—because healthy people build stronger teams, better businesses, and brighter futures.

## FOUR AREAS. A HEALTHIER, STRONGER YOU.

### BODY COMPOSITION
- Weight
- BMI
- Body Fat %
- Waist-to-Height Ratio

### PHYSICAL FITNESS
- Timed Mile
- 60-Second Sit-to-Stand
- Grip Strength

### CARDIOVASCULAR HEALTH
- Blood Pressure
- Resting Heart Rate
- Cholesterol/Lipids
- Fasting Glucose

### PULMONARY HEALTH
- FVC
- FEV1
- Peak Expiratory Flow

## PRICING

**INITIAL REAL HEALTH SCORE**
Full testing, report, plan and more.
**$200 PER PERSON**

**60-DAY RETEST**
See what has changed.
**$150 PER PERSON**

**OPTIONAL ON-SITE TIMED MILE**
Supervised on site.
**+ $50 PER PERSON, PER TEST**

### MINIMUM PARTICIPATION: 10 EMPLOYEES

Programs can be designed for small businessss, large employers, departments, public safety organizations, schools, and healthcare organizations.

## WHAT'S INCLUDED

**Comprehensive Health Report**
Your REAL HEALTH SCORE (0–100) with detailed results.

**Custom Health Improvement Plan**
Clear, actionable goals tailored to each individual.

**Challenge Coin**
A tangible reminder of your commitment to better health.

**App Access for Two Months**
Track progress, stay engaged, reach your goals.

**Two Months of Virtual Health Coaching**
Get expert support to turn information into action.

**TEAM Health Coaching**
Group communication, encouragement, accountability, and coaching through the REAL HEALTH SCORE platform.



**The Breather®**
A respiratory muscle training device to help participants intentionally improve pulmonary fitness.

## KNOW YOUR SCORE. IMPROVE YOUR HEALTH. MEASURE YOUR PROGRESS.

HEALTHIER EMPLOYEES | STRONGER TEAMS | HIGHER PERFORMANCE