

FitLyfe 360

**The next
generation
in wellness
technology**





FitLyfe 360's all-inclusive technology platform takes wellness to the next level

FitLyfe 360 is a fully integrated, state-of-the-art wellness technology platform that provides the flexibility, scalability, transparency, and agility to run comprehensive wellness programs that drive better health outcomes and reduce healthcare costs. FitLyfe 360 is designed to ignite employee engagement, make administration easy, and provide meaningful data that deliver measurable results.



It's Comprehensive

FitLyfe 360 accommodates all your wellness solutions, manages all administrative functions, and offers dozens of reports and analytics



It's Easy to Use

With FitLyfe 360, members have easy access to all their health and wellness information and resources while administrators can set-up, implement, track, and report on programs all from one platform



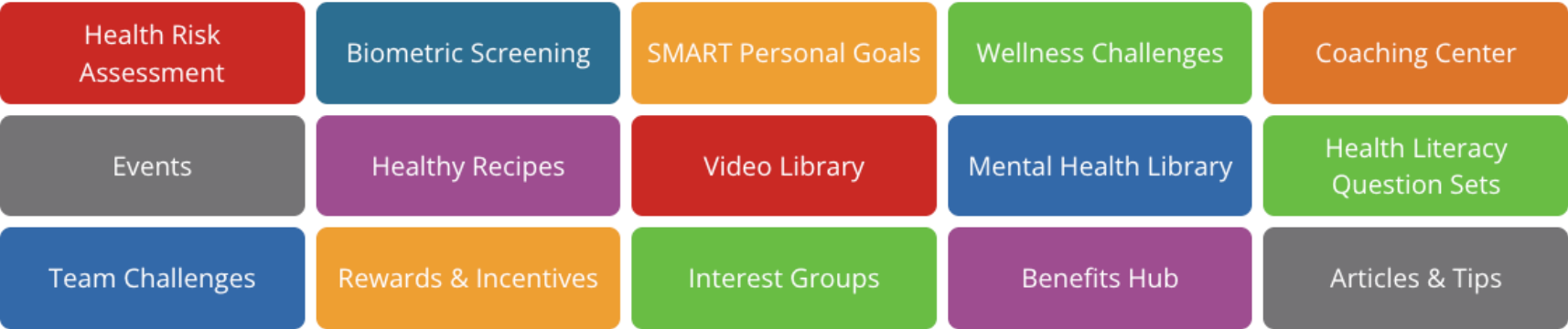
It's Data Driven

FitLyfe 360 enables you to evaluate your wellness program performance as well as measure the impact of your efforts on employee productivity and healthcare costs

Wellness Solutions That Drive Healthcare Improvements

FitLyfe 360 offers the full spectrum of wellness solutions and programs to meet your needs.

Select the wellness programs you need now and add or delete programs at any time



Build your wellness program using the FitLyfe 360 technology platform



Here are some examples of our wellness program offerings:



Health Risk Assessment (HRA)

- NCQA-certified
- HIPAA compliant and meets all Medicare, Medicaid, and state regulatory requirements
- Uses predictive analytics and risk stratification
- Comprehensive reporting



Biometric Screenings

- Incorporates data via the Health2Go mobile app, Web app, FitDoc (automated physician form processing), fax, from home kit, or onsite biometric screening event
- Real measures including blood, cholesterol, and glucose
- Reported as part of the Health Risk Assessment



Wellness Challenges

- Individual and group wellness challenges
- Encompasses both intrinsic and extrinsic motivators
- Fully automated set-up, administration, rewards, and tracking



Rewards and Incentives

- Industry-leading, flexible systems for points, recognition, and rewards
- Automatically tracks wellness points and converts points into the reward levels pre-assigned by administrators
- Recognition in the form of kudos, badges, messages, and more are also used to motivate users. Set-up
- Easy set-up, implementation, and tracking



Coaching Center

- Coaching capabilities for a wide range of health and wellness conditions, including mental health and stress management
- Built-in telehealth capabilities
- HIPAA compliant, private, and secure
- Use your own coaches or work with FitLyfe's coaches



Healthy Recipes

- Recipes are searchable by health condition, cuisines, types of dishes, and cooking techniques
- Users can devise meal plans for specific health conditions
- All recipes include detailed nutritional information and don't exceed 500 calories

Easy Administration and Insightful Reporting

FitLyfe 360's all-inclusive platform streamlines wellness program administration, incorporates all set-up, implementation, and tracking, and delivers a wide range of analytics and reports.

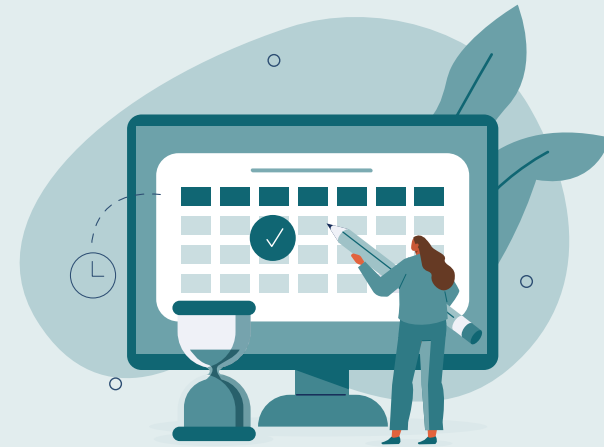
Here's a peak at some of our administrative modules:

Biometric and Outcomes Management

- Turnkey, comprehensive system for scheduling, conducting, and capturing biometric data
- Real time
- Use default scoring and rules for standards or your own scoring logic.
- Compare year-over-year outcomes for your aggregate community of participants or specific populations within your user group

Point and Incentives Management

- Intuitive interface and real time recording of rewards
- Choose default system of rules for points or establish your own.
- You determine how much each goal is worth and establish the point-to-dollar ratio for rewards
- Use the catalog builder to add brand-recognized suppliers, assign points levels for redemption of individual rewards, monitor award redemption trends and expenditures, and reorder as needed



Events Management

- Single or recurring events, live or on-demand, large or small
- Devise and schedule event promotions
- Automatically populates events calendar
- Enables administrators to qualify targeted participants, register or remove individuals from the event roster, track attendance, and automatically award points based on the event rules

Member Communications Management

- All communications – both individual and group – can be accomplished within the FitLyfe 360 platform using our Engage communications module
- Pre-schedule communications to promote wellness programs to the entire user group or specific populations
- Includes email blasts, text blasts, and notifications

Insights That Drive Results

FitLyfe 360 offers sophisticated insights and analytics to ensure wellness program performance and enhance population health management.



Insight Manager

- Assess how well your wellness program is performing and where there may be gaps or inconsistencies
- Generate charts and data in real time that provide insights related to eligibility, biometrics, assessments, health points statistics, vaccinations, risk assessments, and reports from doctors
- Delivers a clear picture of your employee population's health and risks and highlights opportunities to impact healthcare costs



Analytics

- Generate reports for evaluating everything from HRAs, challenges, and event attendance to use of wearables, incentives, points, and more
- More than 50 different types of reports available
- Choose your report frequency – either ad hoc or scheduled in advance
- Real-time reports
- Can be exported to Excel, Word, or pdf formats

Comprehensive
and flexible

Ignite Wellness Behaviors Among Your Employees

FitLyfe 360 is a proven platform that delivers countless ways to motivate your employees to adopt and sustain healthy behaviors. You can use FitLyfe 360 to lead your employees toward the specific activities that help prevent illnesses and slow disease progression. As a result, your company will gain greater productivity, happier and healthier employees, and measurable reductions in your healthcare costs.

See FitLyfe 360 in Action

See how FitLyfe 360 can improve your employees' health and wellness by visiting our website at fitlyfe.com or scan the QR code below.



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