

## Unlimited Tele-Health Benefits



Virtual ER Telemedicine



Urgent Care



Dermatology



Primary Care



Behavioral Health



\$0 Co-Pay Fee

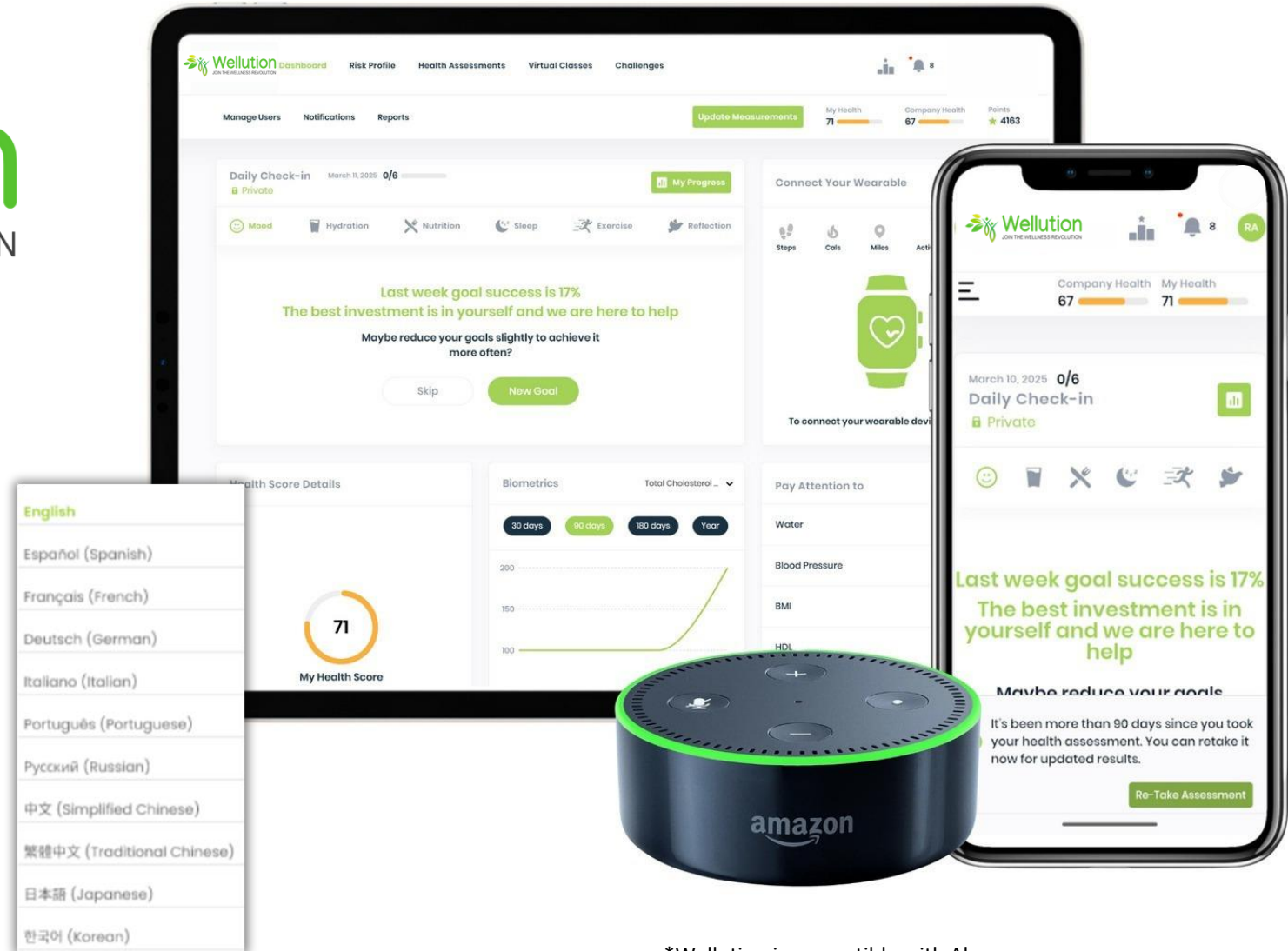
## Personalized Programs

Personalized Program

- ✓ Chronic Disease Management
- ✓ Prescription Assistance Program
- ✓ Annual Vital Lab Test - No Cost
- ✓ Biometric Facial Scanner
- ✓ Health Risk Assessments
- ✓ Weight Management
- ✓ Virtual Pet Care
- ✓ Fitness & Nutrition Library
- ✓ Fitness Programs
- ✓ Health Education Rewards
- ✓ Care Navigation
- ✓ Care for the Whole Family



- One app...one Login
- Personalized Assessments
- All Benefits in One Place
- Virtual AI Health Coach
- Biometric Scanner & Logs
- Android & Apple



\*Wellution is compatible with Alexa.

\*\*Devices are not included with this plan.

# Biometric Facial Scan

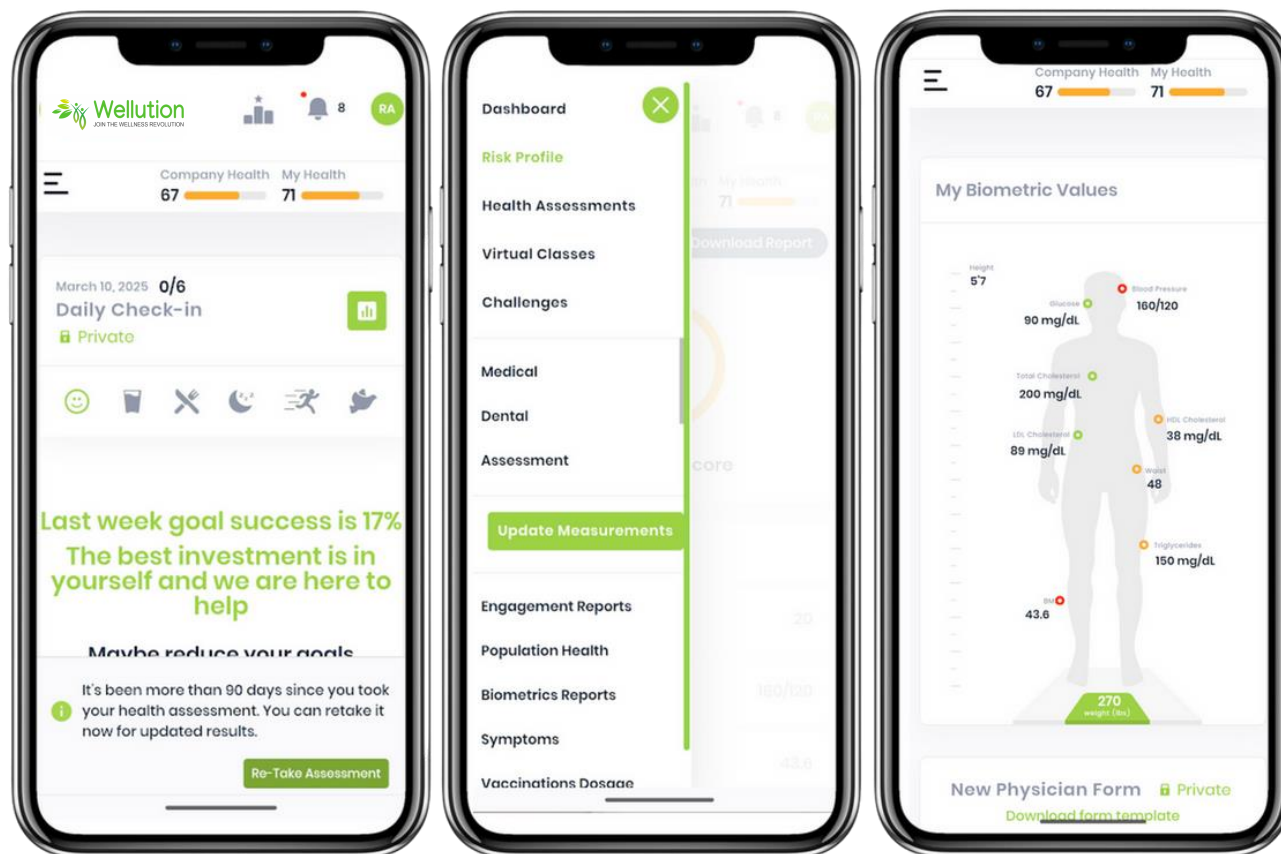
## Data Outputs:

- Pulse
- Heart Rate Variability
- Breathing Rate
- Systolic Blood Pressure
- Diastolic Blood Pressure
- Stress Index
- Parasympathetic Activity
- Cardiac Workload
- Body Mass Index



\*FDA approval pending

# Personalized Employee Dashboard



Complete health assessments, upload biometric screenings, connect wearable devices and view health risks and receive personalized wellness plan

Create customized daily wellness goals and watch 100s of on-demand health literacy & wellness videos to earn points and increase knowledge

Compete in challenges with the ability to exchange points for financial rewards and incentives



SHRM Used. SHRM Approved.



"The world is experiencing an empathy deficit. What I respect about LifeGuides is that as an employer, you can translate empathy into compassion in action"

-Johnny C. Taylor, CEO of SHRM  
Chairman, LifeGuides "Social Impact Council"

[Click Here](#) for 9/19/23 Press Release

Post Session Ratings

**4.80**   
OUT OF 5

Rebook Rate

**85%+**   
OF MEMBERS RE-BOOK

Average Sessions

**8**   
PER ACTIVE MEMBER

## Guide Supported Topics – Meeting Members Where They Are

### Personal Growth, Lifelong Learning & Life Challenges



#### Finding Peace in Polarizing World

- Inner Peace in a Polarized World
- Ethnic & Religious Discrimination
- Resilience & Family Separation
- Being a Changemaker
- Soothing Grief & Loss
- FEAR: Face Everything And Realign
- Anger to Empathy to Compassion
- Wellbeing Action Plan
- Telling Children About War
- Loved-Ones in the Military
- Death or Dying of Loved-One
- Family in War Zones
- Helping with Emigration
- Healing with Creativity
- Learn Non-Violent Communication



#### Emotional Wellbeing & Stress

- Stress & Anxiety Management
- Wellbeing Action Plan
- Learning to Meditate
- Breathing Practices
- Self-Esteem, Self-Image
- Loneliness & Isolation
- Overcoming Fear
- Grief & Loss
- Vacation & Regeneration
- Self Love & Leisure
- Overcoming Self Doubt



#### Growth, Purpose & Prosperity

- Accountability Partner
- Living your Purpose
- Resilience & Adaptability
- Spiritual Growth
- Personal Development Plan
- Embracing Change
- Cultivating Focus
- The Power of Gratitude
- Happiness Mindset
- Nourishing the Mind
- Connecting with Nature



#### Work Life & Leadership

- Building a Great Work Culture
- Conflict Resolution at Work
- Remote / Flex Work & Productivity
- Career Transitions & Progression
- Communication & Negotiation
- Building Professional Relationships
- Best Practices in Hiring
- Leadership Development
- Women in Leadership
- Changemaker Leadership
- Time Management



#### Healthy Body

- Healthy Habits Plan
- Exercise & Fitness
- Healthy Eating & Diet
- Quality Sleep
- Alternative Wellness Practices
- Learning Yoga
- Peak Physical Performance
- Body Positivity
- Weight Management



#### Coping with Illness

- Caregiving
- Living with a Disability
- Living with an Illness
- Living With Cancer
- Illness of a Loved one
- Chronically Ill Child
- Disabled Family Member
- Aging Parents or Dementia
- Death & Dying



#### Identity, Belonging & Community

- Self-Esteem, Self-Image
- Being a Person of Color
- Being a Changemaker
- LGBTQIA+ Community
- Finding your Community
- Sustainability & Recycling
- Volunteering & Giving Back
- Harassment & Bullying



#### Home Life & Relationships

- Divorce, Breakup, & Marriage
- Changemaker Parenting
- Raising a Family / Single Parenting
- Thriving Relationships
- Family Conflict
- Dealing with Difficult People
- Military Service / Family
- Pregnancy, Adoption & Fertility
- Special Needs Family
- Relocation



#### Military Service & Veterans

- Translating Skills to the Workplace
- A Veteran's Approach to Wellbeing
- Living in the Present
- Self Acceptance & Finding Peace
- Civic Engagement & Public Service
- Veteran Identity & Belonging
- Navigating the VA
- Children in the Military



#### Disabilities & Navigating Life

- Living a "No Barriers" Life
- Championing a Disabled Child
- Being One's Identity
- What does "DE&I" Truly Mean?
- Talking to a Disabled "Everyday Hero"
- Peak Performance Mindset
- Reclaiming Your Full Voice & Autonomy
- Exploring Tech as a Tool
- Overcoming Discrimination



#### Parents Helping Parents

- Bullying
- Peer Pressure
- Child w/ Mental Health Issues
- Child Self Harm
- Child Eating Disorders
- Transition to College
- Loss of a Parent
- Child Sexual Identity & Sexuality
- Childhood Anxiety & Depression

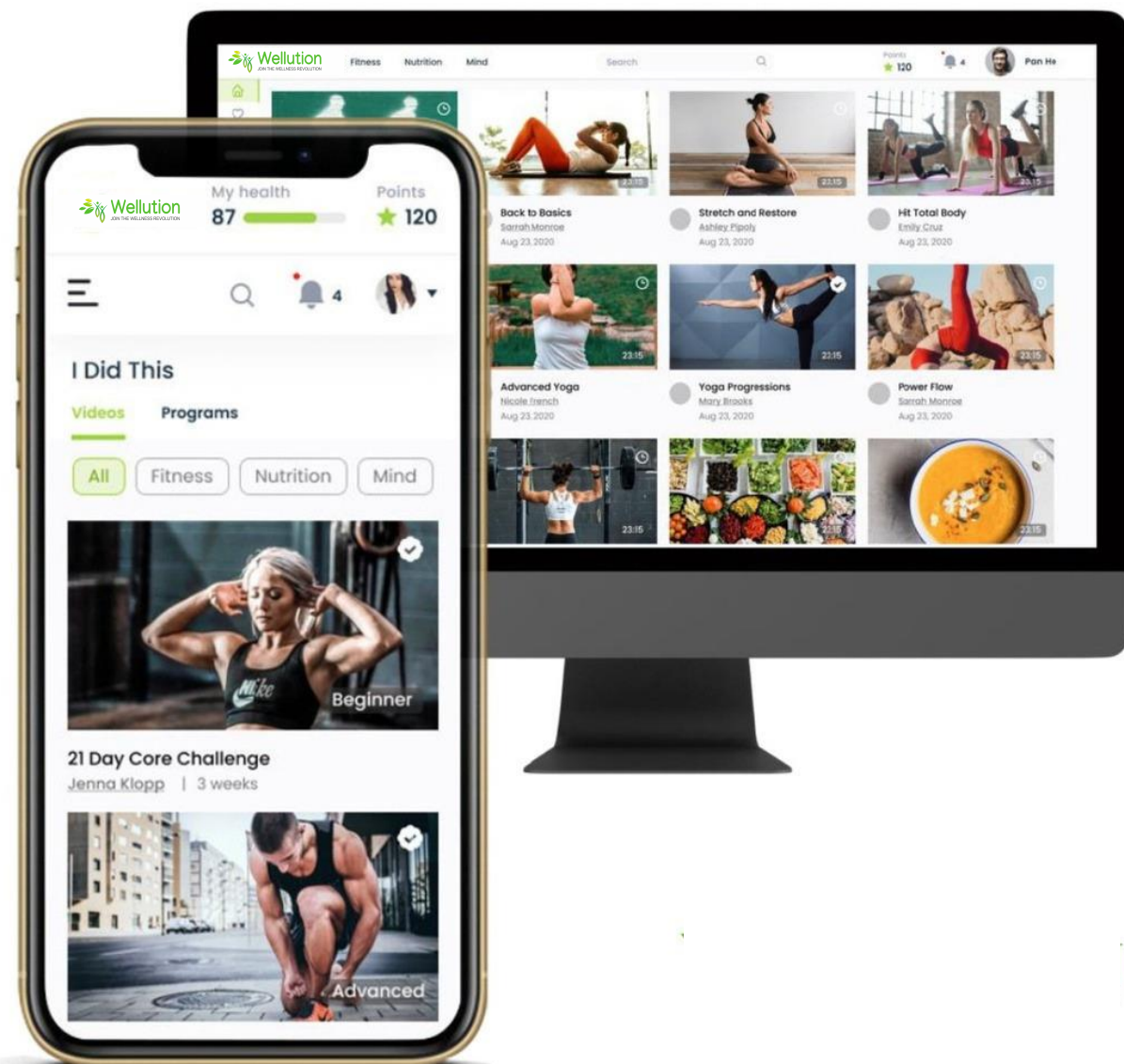


#### Caring for Caregivers

- Caregiver Emotional Wellbeing
- Caring for Yourself First
- Caregiver Stress Management
- Letting Go as a Caregiver
- When and How to Say "No"
- Managing Family Dynamics
- Prevent Caregiver Burnout
- Caring for the Caregiver
- Dementia Caregiving
- Building Resilience
- Grief & Caregiving for Cancer

VALUED BY LEADING COMPANIES INCLUDING:





# Fitness & Nutrition Library

- **Comprehensive Resources** – Explore expert- guided financial and nutritional content designed to support a healthier lifestyle.
- **Customizable Plans** – Access personalized meal plans and workout routines tailored to your goals.
- **Anytime, Anywhere** – Enjoy on-demand access to fitness and nutrition tools, whether at home or on the go.

# AI Driven Lab Tracking

Annual No Cost Blood Test Each Year.  
(Employee Only)

Height

5'7"

Glucose

90 mg/dL

Blood Pressure

160/120

Total Cholesterol

200 mg/dL

HDL Cholesterol

38 mg/dL

LDL Cholesterol

89 mg/dL

Waist

48

Triglycerides

150 mg/dL

BMI

43.6

Weight (lbs)

270

A biometric screening offers a clinical evaluation of a patient's important health scores. Biometric screenings establish a baseline to help patients test their risk for various health issues. Many of these issues could prove life threatening and can be prevented through early detection.

03-11-2025

Heart Rate/ Pulse \*

Weight, lbs \*

Height, inch \*

Abdominal Circumference, inch \*

Triglycerides Level \*

HDL Cholesterol \*

LDL Cholesterol \*

Total Cholesterol \*

Systolic Blood Pressure \*

Diastolic Blood Pressure \*

Hemoglobin A1C

Glucose (fasting) \*

Drag & drop file here or [choose file](#)

Files Supported: PDF, JPEG, PNG

Maximum Size: 10Mb

Biometric History												
Upload Date	Cholesterol	HDL	LDL	Glucose	Blood Pressure	BMI	Weight	Waist	Triglycerides	Hemoglobin A1C	Heart Rate	View
03/06/2025	200	38	89	90	160/120	43.6	270	48	150	90	119	
03/04/2025	100	100	100	90	160/120	43.6	270	48	100	90	119	-
03/04/2025	100	100	100	90	160/120	32.3	200	43	100	90	119	-
02/21/2025	100	100	100	90	160/120	12.25	98	90	100	90	119	-
08/11/2023	100	100	100	90	90/100	12.25	98	90	100	90	98	-

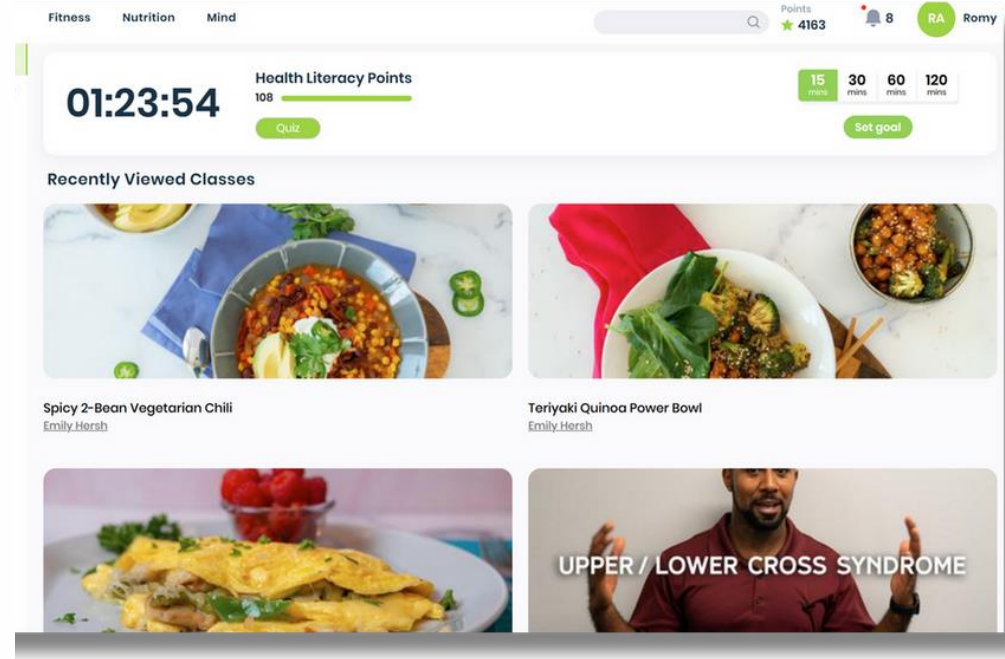


# Featuring Rewards and Incentives



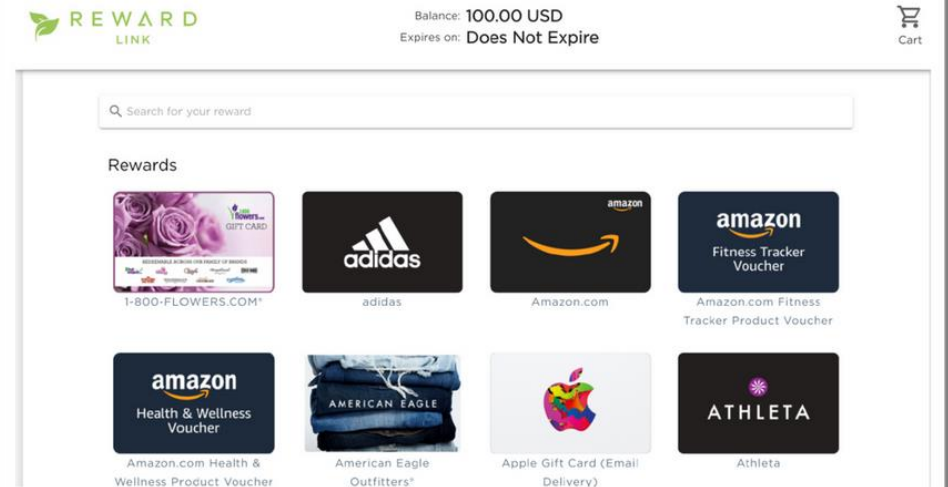
## Custom Rewards Budget

Designate an amount of rewards dollars that can be earned by employees



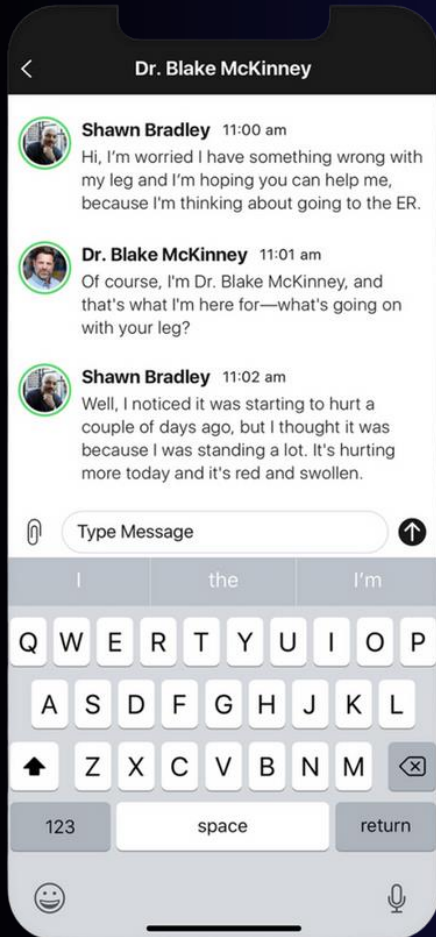
## Wellness Store

Points can be redeemed for gift cards and never expire

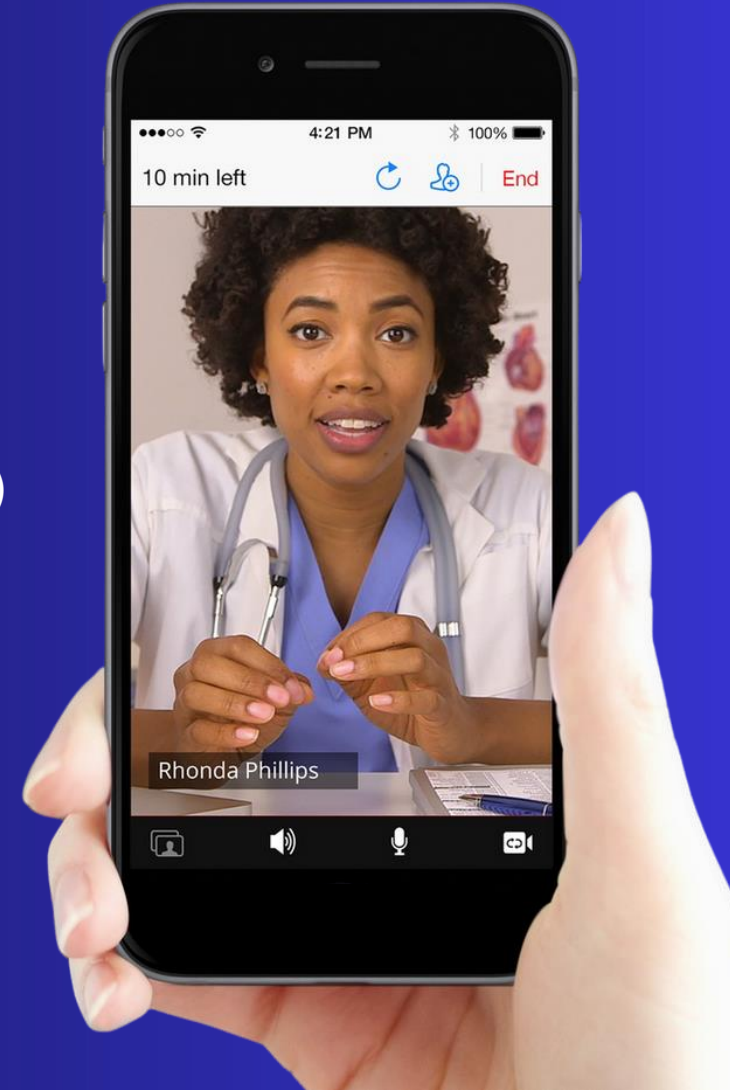




Connect from home, work, or  
wherever life takes you.



- **Urgent care** (coughs, fevers, sore throat, stomach pain, diarrhea, rashes, allergic reactions, animal/insect bites, sports injuries)
- **Women's Health** (birth control, irregular bleeding, urinary tract infections, wellness)
- **Mental Health** (anxiety, depression, stress, insomnia)
- **Chronic Care and Prevention** (diabetes, hypertension, asthma, acne, smoking cessation)
- **Other General Health Questions**
- **Questions about where to receive care**



## Program Details

- **1,000+** Commonly Prescribed Drugs at **No Charge**
- **70,000+** Retail pharmacies in the U.S.A
- Discount program for drugs not on formulary
- **Prescription Assistance Program** is available for medications over \$200.

- Does not impact your current medical claims
- Just present your Digital Rx Card and save!

### Here Are Just A Few From Our List

• ACYCLOVIR	• DILTIAZEM	• MELOXICAM
• ALLOPURINOL	• DOXYCYCLINE	• METFORMIN
• AMITRITYLINE	• DULOXETINE	• METHOTREXATE
• AMLODIPINE	• ESCITALOPRAM	• METOPROLOL
• AMOXICILLIN	• ESTRADIOL	• MONTELUKAST
• ANASTRAZOLE	• EZETIMIBE	• OMEPRAZOLE
• ATENOLOL	• FENOFIBRATE	• PANTOPRAZOLE
• ATORVASTATIN	• FINASTERIDE	• PAROXETINE
• AZITHROMYCIN	• FLUCONAZOLE	• PRAVASTATIN
• AMLODIPINE	• FLUOXETINE	• PROGESTERONE
• BUPROPION	• GLIMEPIRIDE	• ROSUVASTATIN
• CARVEDILOL	• GLIPIZIDE	• SERTRALINE
• CEFDINIR	• HYDRALAZINE	• SIMVASTATIN
• CELECOXIB	• IBUPROFEN	• SILDENAFIL
• CEPHALEXIN	• LAMOTRIGINE	• TAMSULOSIN
• CIPROFLOXACIN	• LEVOTHYROXINE	• TRAMADOL
• CITALOPRAM	• LIOTHYRONINE	• TRAZODONE
• CLOPIDOGREL	• LISINAPRIL	• TRIAMCINOLONE
• CYCLOBENZAPRINE	• LISINAPRIL/HCTZ	• VALACYCLOVIR
• DICLOFENAC	• LOSARTAN	• VENLAFAXINE

### Our Comprehensive Diabetes Program

SaveOn Diabetes is our game-changing program for members with Diabetes in which they will get a **FREE meter, low cost testing strips, lancets and more**. Many people have diabetes and one in three Americans are pre-diabetic, make sure you are keeping an eye on the warning signs.

- ✓ A FREE Premium bilingual voice-response glucometer
- ✓ 1-month supply of test strips\*
- ✓ Supply of lancets, lancing device, and control solution

- ✓ Auto re-fill every three months
- ✓ \$0 out-of-pocket on diabetes medications (below)
- ✓ FREE shipping to your mailbox

# Prescription Assistance Program

Maya S. - "Wellution Rx was able to reduce the payment of my specialty antibiotic from \$105 to less than \$3. Thank you, Wellution!!"

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William W. – "My child was prescribed a medication that cost \$720 a month, and with a \$5,000 deductible on our medical plan, it became a major financial burden. Thanks to the Patient Assistance Program, we were able to reduce our monthly cost to just \$200. We're incredibly grateful!"

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Bob K. - "I was on a specialty medication and my monthly co-pay was \$200, Wellution Rx was able to reduce my co-pay to \$0!"

## Order details

**Ready for pickup**  
This prescription is ready for pickup or delivery (if available).

Cephalexin 500 Mg Tablet [Options](#)

Maya [REDACTED]

 Delivery available

     
Received Preparing Ready Picked up

Feedback

Your cost  
**\$105.39**


For faster pickups  
[Add payment method and signature](#)

## Order details

**Ready for pickup**  
This prescription is ready for pickup or delivery (if available).

Cephalexin 500 Mg Capsule [Options](#)

Maya [REDACTED]

 Delivery available

     
Received Preparing Ready Picked up

Feedback

Your cost  
**\$2.73**

For faster pickups  
[Add payment method and signature](#)





## 1 Access your pet portal

GoLexi Members have access to our services 24/7/365. Login into your pet portal or simply call 1-866-942-1194 and one of coordinators will assist you in scheduling a consultation.



## 2 Add your Pet

Once logged in, take a moment to complete your member profile and add your pets.



## 3 Tell us what's wrong

Click schedule a consultation, tell us what's going on with your furry family member and select whether you prefer a phone or video consultation.



## 4 Start your visit

A licensed veterinarian from GoLexi will contact you within the hour. They'll go through the symptoms your pet is having and they will recommend the best course of action to get your furry friend feeling better again.

# Skip the Trip with a Virtual Pet Consultation





# ELEVATE YOUR HEALTH. TRANSFORM YOUR LIFE.

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**Gain exclusive access to Gary Brecka's proven wellness protocols,** designed to empower you with peak health, vitality, and mental clarity.

## Your life, optimized

- *Enjoy Lasting Energy*
- *Quiet Chronic Pain*
- *Improve Your Sleep*
- *Sharpen Your Mind*
- *Boost Immune System*
- *Unlock Lifelong Wellness*

Science-based wellness designed to give you back control of your health. **Unlock your full potential.**



**GARY BRECKA**

Capstone Brand Ambassador

U L T I M A T E  
H U M A N  
**VIP**

Get 30 days free  
access to his VIP  
community!