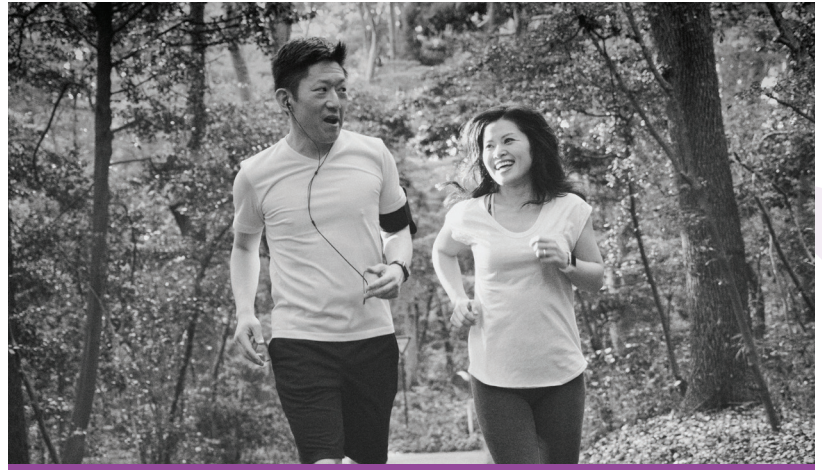


We believe in taking care of your people, and we understand wellness extends beyond freedom from disease or injury. Being truly healthy requires taking control of your physical, mental and social well-being.

We've designed three mind-body Wellness plans for people with varying activity levels, nutritional habits and lifestyle choices. Each plan supports a safe and motivating workplace culture and promotes adopting healthy behaviors for long-term wellness.

The Allied Wellness suite of services, tools, resources and one-on-one instruction helps keep members healthy and happy. Commit to company-wide wellness. Your employees deserve it.



HOW IT WORKS

- 1 Allied uses clinical data compiled from health coaching participation, health assessments, and claims analysis to build personalized Wellness plans.
- 2 Allied helps companies increase program participation by engaging members in wellness activities throughout the year and rewarding individuals for completing healthy activities and making lifestyle changes.
- 3 Companies benefit from the resulting improved wellness of their employees and their families.

CORE: FOUNDATIONAL MODEL

The Allied Wellness Core plan is a structured, turn-key wellness solution for clients of any size. The Core plan can function as the foundation of an impactful wellness program or serve as a scalable entry-point into a multi-year initiative. This model is ideal for clients who are beginning their wellness journey or for those that are seeking a scalable solution that can function as the foundation of a larger wellness initiative.

ENHANCED: ACTIVITY-BASED MODEL

The Allied Wellness Enhanced plan is a motivation-based model that builds on the fundamentals. The Plan includes all components of the Core program, plus a custom rewards program to drive engagement and ultimately healthier outcomes. This model is ideal for clients who are interested in creating a culture of health through robust programming and customized engagement incentives.

PREMIER: MOTIVATION AND ENGAGEMENT-BASED MODEL

The Allied Wellness Premier plan is an activity-based model that assesses and engages participants. The Plan includes all components of the Enhanced plan but also incorporates features that will assess and engage a higher percentage of the population. This model is ideal for clients who are actively seeking to improve their organizational wellness by enabling members with health screenings, wellness events and consultative services.



WELLNESS

PROGRAM FEATURE	CORE	ENHANCED	PREMIER
Integrates with Other Benefits	✓	✓	✓
Unlimited Health Coaching	✓	✓	✓
Employee Wellness Competitions	✓	✓	✓
Discounts on 4,000+ Gyms Nationwide	✓	✓	✓
Client-Branded Wellness Portal	✓	✓	✓
Client-Branded Promotional Materials	✓	✓	✓
Program Utilization Reports	✓	✓	✓
'My Rewards' Incentive Program		✓	✓
Comprehensive Risk/Claims Analysis			✓
Targeted Outreach to At-Risk Members			✓
Premier Incentive Administration			✓
Reasonable Alternative Standard (RAS) Administration			✓
Comprehensive Reporting Package			✓

DID YOU KNOW?

On average, full utilization of the Allied Wellness plan has resulted in:

6.1% DECREASE

in annual medical cost trends

7.7% DECREASE

in per employee, per month (PEPM) costs

11 DAYS SOONER

Employers return to work sooner following workers compensation incident

17 DAYS SOONER

Employers return to work sooner from short-term disability

¹RAS Administration for Tobacco Surcharge is included at no additional cost in the Premier model.

²Biometric screenings are available at an additional cost and require a minimum of 25 screenings per site, per event. In the Core and Enhanced models, biometric screenings are optional and only delivered upon the request of the client. The Premier model requires screenings so members who are high-risk may be contacted and invited into the engagement part of the program. All biometric screening options are available for all three models.

³Allied Behavioral Health and Disease Management are available for an additional cost.