



PRECISION WELLNESS

LifeOmic Precision Wellness is a mobile-first corporate wellness solution.



Whether your employees are trying to lose weight or want to learn more about their health status, LifeOmic Precision Wellness will:



Help employees prevent disease and maintain a healthy lifestyle

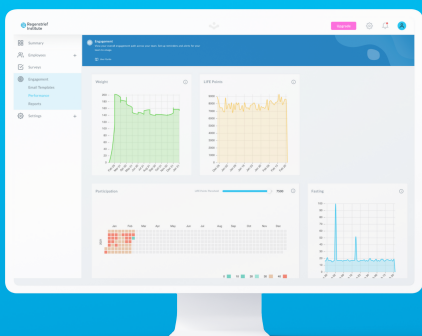


Measure important biomarkers to track employees' progress and identify any problem areas



Use science to help with easy-to-follow, proven, healthy habits to earn LIFE Points based on five pillars of health: Nutrition, Activity, Mindfulness, Sleep and Intermittent Fasting.

For Employers



- Configure incentives* and challenges each month to give your employees a chance to earn money and bragging rights by implementing healthy habits
- View organization progress through aggregate-level visualizations for each pillar, engagement, participation and changes in healthy behaviors using the Management Portal.
- Optional biomarker screening/blood draw every six months via partnership with Ulta Labs. Results are anonymized and aggregated to show a return on investment.*
- Easily onboard and off-board employees as needed

*Additional Cost

Set Up:



Create account at:
wellness.us.lifeomic.com



Once you have confirmed your account and logged in, complete the 4-step configuration wizard



Bulk invite employees to join Precision Wellness through the import tab

For Employees



- Interact with program using the LIFE Extend Mobile App used by over 3 million users worldwide
- Ability to easily identify wellness gaps and goals by tracking the 5 Pillars of Health proven to prevent chronic diseases and propel weight loss
- Earn LIFE Points by tracking healthy habits each day in the LIFE Extend app to win challenges, compete with colleagues or earn incentives
- On-demand access to certified health coaches*
- Wearable compatible (FitBit, Apple HealthKit, etc.)
- Private Circles for colleague engagement and support
- Free health resources including articles, videos and optional mental/physical health assessments

***Additional cost**

Set Up:

