



# · 2024 · WALKINGSPREE



## WELLNESS PROGRAM OVERVIEW

Global leader in corporate wellbeing programs since 2006 –  
Encouraging people to live an active and healthy lifestyle

Contact us at [nathan@walkingspree.com](mailto:nathan@walkingspree.com)

## WHO WE ARE

Walkingspree, a US-based wellness vendor utilizing a digital platform since 2006, emphasizes physical activity and has catered to over 400 corporate clients and health insurers. Our mobile app boasts a rating of 4.7, garnered from 6,000 reviews, and our clients have given us a commendable NPS score of 83. Our app is available in eight languages, catering to a global membership. We are a proven ROI program, backed by numerous case studies showcasing how we enhance individuals' health and diminish healthcare expenses. Notably, we successfully collaborated with BCBS of Michigan for seven years, achieving remarkable results in improving the health of obese members, matching the health standards of non-risk individuals.

## BEST IN CLASS WELLNESS PLATFORM

Walkingspree has been an industry leader in engaging people to live active, healthier lifestyles. We serve clients by encouraging their members to move more and feel good about their wellbeing, and for clients to save on healthcare claim costs.

## EASY CONNECTION & ENGAGING FEATURES

Our open mobile app platform allows members to easily connect and automatically sync step data from any mobile phone or smartwatch. We also offer an optional manual entry for moving steps or an optional logging activity feature which will convert physical activities to their step equivalent. Walkingspree offers fun and educational challenges designed to increase physical activity, improve nutrition, and promote wellbeing. Our engagement features keep the challenges fun, offer support and collaboration, as well as add healthy competition components including: Team Challenges, Clubs, Leaderboards, and Friends messaging capabilities. Our intellimessaging platform sends engaging email and push messaging nudges to keep your members motivated utilizing the best practices known in behavioral economics.



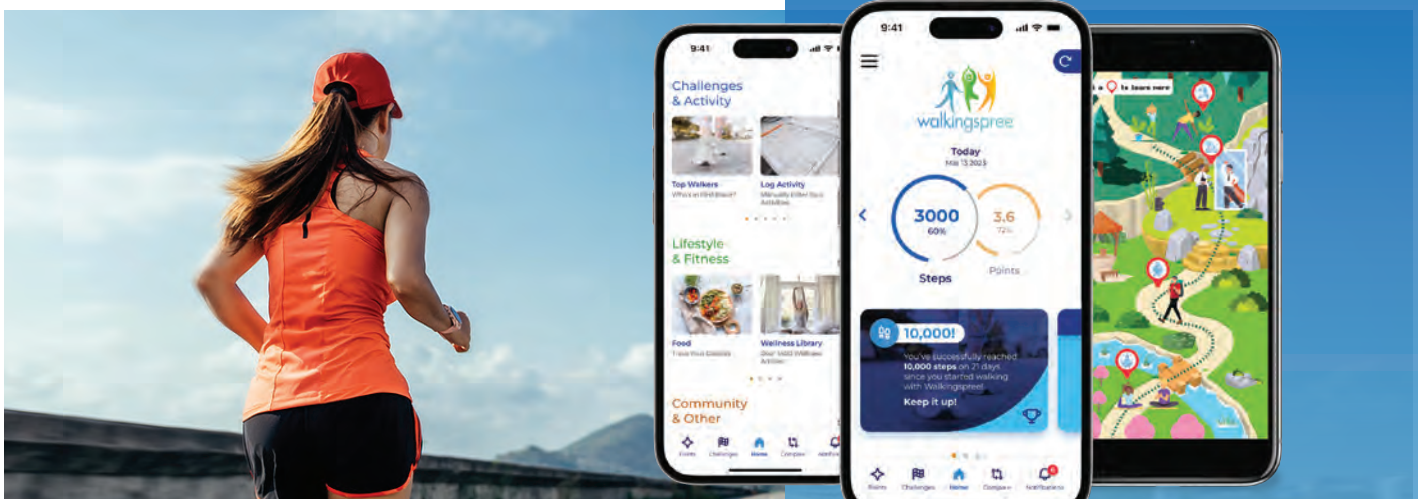
## DATA SECURE

We recently completed our SOC 2 examination which demonstrates we are meeting the security commitments we have made to our customers in all material respects.

With us, security is not just a feature; it's the core of our promise to you.

## FULL ACCOUNT MANAGEMENT & ADMINISTRATION

We'll help you kick-off and manage your entire program with a dedicated account management team. From strategic planning, program execution to reporting, we will assist in creating and delivering an impactful program which exceeds your expectations.





# EXPERTISE EXPERIENCE ENGAGEMENT

## OUR PURPOSE:

ENGAGING PEOPLE TO LIVE AN  
ACTIVE AND HEALTHY LIFESTYLE

## DRIVING POSITIVE RESULTS



### OVER 500+ BILLION STEPS

Our members have walked over 500 billion steps over the years. Employees have become more physically active and live healthier lifestyles. In fact, our members walk ~67% more than the average American. We aim to deliver a highly engaged, meaningful program for all of our clients each year.



### HIGHLY RATED MOBILE APP

We've built our platform to make our user experience as easy as possible. Once connected to wearable devices or smartphones, navigation and using our app is intuitive. We have received nearly 5,000 ratings with an average rating of 4.7 stars.



### HEALTH IMPROVEMENT

86% of members reported their overall physical health improved from participating in Walkingspree programs and challenges.



### HAPPINESS & WELL BEING

93% of members reported their overall happiness and well-being improved by participating in their employer's Walkingspree program.



### MORALE BOOSTER

Walkingspree program is a team builder and develops camaraderie among those working in factories, office, hybrid workplaces, or work-from-home environments. We connect all of them with our app. 74% of members reported they felt company morale improved because of Walkingspree.



### TOP-RATED SUPPORT

Our Client Success team regularly achieves an average score of over 9.0 out of 10 for availability, responsiveness and professionalism in working with clients. Our Member Support team achieved an average score of 98% or above in addressing member issues.

# HEALTH BENEFITS OF PHYSICAL ACTIVITY



## Health Benefits of Physical Activity



### Diabetes

The Diabetes Prevention Program, a major clinical trial funded by NIH, examined the effects of lifestyle interventions on the prevention of type 2 diabetes. The study included participants at high risk for developing diabetes and compared the effectiveness of lifestyle changes, including increased physical activity, with medication or a placebo. The results showed that individuals who engaged in moderate-intensity physical activity for at least **150 minutes** per week, along with dietary changes, experienced a **58%** reduction in the development of diabetes compared to the control group. The same study concluded that Metformin reduced the risk by **31%**.



### Heart Disease

Numerous studies, including the Harvard Alumni Health Study and the Copenhagen City Heart Study, provide compelling evidence supporting the role of physical activity in reducing the risk of heart disease. Engaging in regular physical activity has been consistently associated with a lower likelihood of developing heart disease, independent of other cardiovascular risk factors.



### Obesity

The Look AHEAD (Action for Health in Diabetes) study was a randomized controlled trial that focused on overweight and obese individuals with type 2 diabetes. The study examined the effects of an intensive lifestyle intervention, which included increased physical activity, on weight loss and obesity reduction. The physical activity component played a crucial role in achieving successful long-term weight management and improving overall health outcomes.



### Hypertension

Several studies have provided evidence supporting the positive impact of physical activity on reducing hypertension. The DASH trial demonstrated that a combination of regular physical activity and a healthy diet can effectively lower blood pressure. Additionally, a meta-analysis of exercise interventions for hypertension confirmed that various forms of exercise, such as aerobic exercise and resistance training, contribute to significant reductions in both systolic and diastolic blood pressure.



### Cancer

Multiple studies, such as the Nurses' Health Study and the EPIC study, provide compelling evidence supporting the role of physical activity in reducing the risk of cancer. Engaging in regular physical activity has been consistently associated with a lower likelihood of developing various types of cancer, including breast, colon, lung, and endometrial cancer.



### Depression

Numerous studies, such as the SMILE study and the HUNT study, provide evidence supporting the positive impact of physical activity on reducing depression. The SMILE study demonstrated that physical activity can be an effective adjunctive treatment for individuals with mild to moderate depression, leading to a significant reduction in depressive symptoms. The HUNT study, conducted in a community setting, revealed that regular physical activity is associated with a lower risk of developing depression and can contribute to better mental well-being over time.



### Alzheimer's

Multiple studies, including the Cardiovascular Health Study and the Rush Memory and Aging Project, provide evidence supporting the role of physical activity in reducing the risk of Alzheimer's disease. Engaging in regular physical activity has been consistently associated with a lower likelihood of developing Alzheimer's disease and slower cognitive decline in older adults. These findings emphasize the importance of incorporating physical activity into one's lifestyle as a potential preventive measure against Alzheimer's disease.



### Stress

The Exercise and Stress Study conducted a randomized controlled trial to examine the effects of physical activity on stress reduction. The study assigned participants to either an exercise group or a control group. The exercise group engaged in regular aerobic exercise for a specified duration, while the control group maintained their usual sedentary routine. The results showed that the exercise group experienced a significant reduction in stress levels compared to the control group.

**These findings above emphasize the importance of incorporating physical activity into one's lifestyle as a preventive measure for managing or avoiding chronic diseases.**

## REAL RESULTS

### Case Study: Christus Health

In 2016, CHRISTUS Health reached out to Walkingspree for options to resolve their challenge of bringing together their employees and supporting the company culture of healthy living and to control the health claim costs of their Associates.

**The average annual member spend of the Walkingspree platform and CHRISTUS' Kudos incentive program was only \$40.60, compared to a reduction of \$2,476 in claim cost per participant.**

#### The average annual claim costs:

Those who are not on the Walkingspree program = **\$5,393**

Those who are on the Walkingspree program = **\$2,917**

(Difference of **\$2,476** per year)

"Walkingspree is fantastic! You always go above and beyond and are one of our best vendors."

– **Holly Tucker, Manager of Corporate Wellness CHRISTUS**

### By the numbers:

**11,725**

Number of CHRISTUS Associates participating in Walkingspree

**40%\***

Percentage of CHRISTUS Associates participating in Walkingspree vs. entire population

**3,500**

Steps per day for Average American

**5,750**

Steps per day for CHRISTUS Associate participating in Walkingspree

**64%**

**more steps**  
CHRISTUS Associates walk more than the Average American every day

**6%**

of Walkingspree registered Associates average over 10,000 steps every single day

**ROI: 50:1**

**\$2,476 PMP**  
reduction in claims

**\$40.60 PMP**  
for Walkingspree program with incentives.

**\*29,000 CHRISTUS Associates are eligible for the Walkingspree Program**



# PRODUCTS & FEATURES

## New, updated UI for 2024!

Get ready to experience a seamless and intuitive journey with our NEW, UPDATED user interface, coming soon to the Walkingspree app! This fresh, user-centric design is crafted to enhance interactions with the app, making it more enjoyable and effortless than ever before.



The update brings a modern, clean look with simplified navigation and improved accessibility. Expect quicker access to all of our features, enhanced readability with a more visually appealing layout, and smoother transitions that make every interaction feel natural. This revamped interface is not just about looks; it's about providing an experience that intuitively aligns with members' needs.

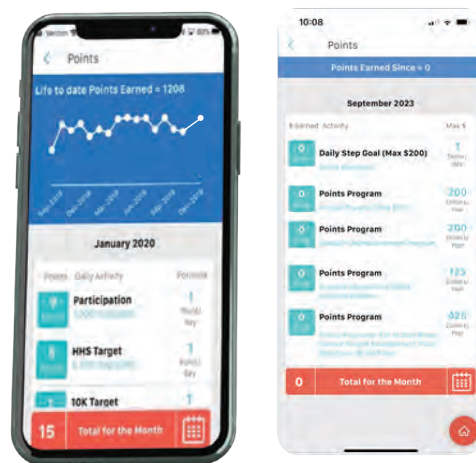
Stay tuned for the launch of our updated UI, and get ready to walk into an elevated, more engaging Walkingspree experience. The future of walking apps is just around the corner!

## POINTS PROGRAM

Steps or points can be used as currency to incentivize your members. Walkingspree offers a customizable points program for reaching daily step targets. Points can be awarded for nutrition and wellbeing activities. Walkingspree's platform is flexible to import data files and award points for client's other wellness activities.

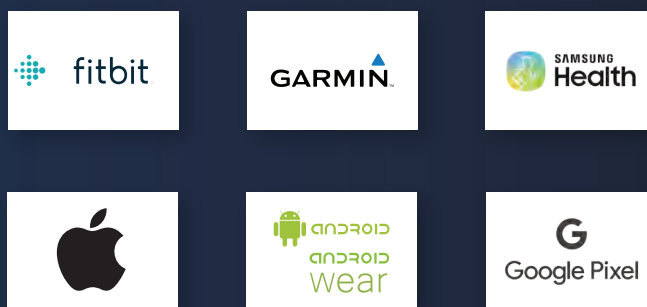
Walkingspree will manage an e-gift card incentive program through our partner relationships. We provide the data for a client to offer health premium insurance discounts, HSA deposits, and non-tangible incentives as rewards.

We can award points for completing challenges, Les Mills workouts, Wellbeing Interactive Journal, and client's other wellness activities. Thus, we can offer a wellness program based on points that can be incentivized by health insurance premium discounts or HSA deposits.



## TRACK

Our step tracking program is universal and validated. We connect to all three smartphone health tracking platforms – Apple Health, Google Fit and Samsung Health. Apple Watch, Wear OS smartwatches, and Samsung Watches are automatically or easily connected to Walkingspree. In addition, we connect directly to Fitbit and Garmin platforms and their devices. Thus, any smartwatch can be connected to Walkingspree to provide a validated step program for providing incentives. We provide an option to self-track other activities to offer a robust physical activity tracking platform for your members.



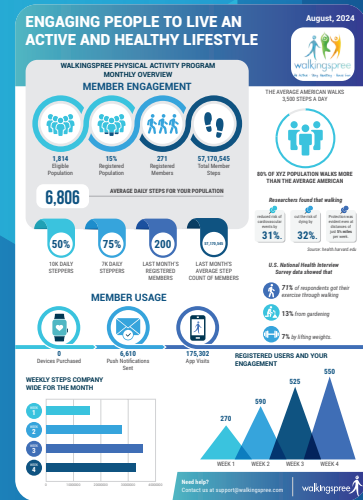
Add a variety of devices

# PRODUCTS & FEATURES

## REPORTING

Walkingspree can provide daily to monthly electronic data feeds on member activity. Management reports will be provided on quarterly performance and Challenge results. Administrative reports include points awarded and devices purchased. We can deliver custom reports for rewards management and participation analysis. We can work with you to undertake healthcare claims analytics of Walkingspree members compared those not on the program to understand claim differentials and ROI proof.

Walkingspree will work with your team to administer member surveys and summarize member feedback.



## BUILD CONNECTIONS

Walkingspree platform creates a supportive community. Friends can challenge each other, support and chat. Clubs can be created among those with common interests to chat and run informal challenges. Official team competition motivates and builds camaraderie among groups.

Leaderboards compare individual and team’s placement against other members and teams.

## DISCOUNTED WEARABLE DEVICES

Members can purchase discounted wearable devices from our online store with direct shipping or we can fulfill a corporate bulk order. Clients may incentivize by offering devices through payroll deduction or even provide subsidies of any amount for any device and Walkingspree will facilitate the transaction. We also offer installment payments through Sezzle for member convenience.



## Global and Local – Inclusivity

Our mobile app is automatically translated into those 8 languages based on the members' default language on their mobile device.

Walkingspree is Available in **8** Languages:

- English
- Spanish
- French
- Mandarin
- Japanese
- Portuguese
- German
- Italian



## HRIS / Payroll System Integration

Seamlessly send employee eligibility files directly from your payroll system to Walkingspree. Save time and energy with a direct, secure connection.

# SERVICES INCLUDED IN WALKINGSPREE PLUS BUNDLE

## PLUS ONE PROGRAM

Walkingspree is more fun with friends! In addition to competing with colleagues, Walkingspree has implemented a new optional program feature which encourages members to invite one person (spouse, partner, family, friend, etc.) to join them on the Walkingspree app! We know that motivation and accountability are integral to any fitness regimen and we have found increased participation from members who may invite their loved ones to program.

# PLUS ONE



## Slack Integration

Walkingspree offers a direct connection to a client's Slack workspace. This feature allows Walkingspree to encourage members to participate in the program as well as educate them on possible rewards thus increasing the visibility of the program to members. Engagement has never been easier with Walkingspree's new optional slack integration feature.



## Wellbeing on Demand:

24/7 Access to relevant videos, audio and insightful wellbeing awareness content from the world's leading experts accessible from the Walkingspree app or through our desktop portal.

Add resilience to your employee's physical activity routine to help improve their overall health and well-being.

Members enjoy learning about Stress Management, Self-Care, Parenting, Gratitude, Mindfulness and much more with our new video and audio course library!



## Wellbeing Interactive Journal

Launch engaging wellness surveys on topics like nutrition, stress, mood or simply check in with your organization. Offer simple Yes/No or 1-10 scale responses, and motivate with points or badges. We'll recommend articles based on answers and keep members engaged with push messages and a progress-tracking calendar. Walkingspree provides comprehensive and aggregate data on response rates and can award incentives on your behalf. Enhance your organization's health journey with our tailored, interactive solution





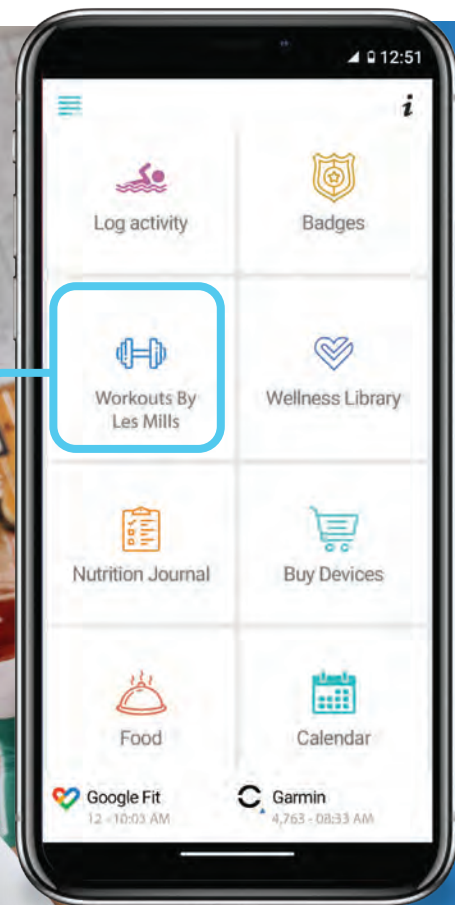
# SERVICES INCLUDED IN WALKINGSPREE PLUS BUNDLE

## LES MILLS

### Les Mills Workouts

Walkingspree is proud to offer Workouts on Demand with Les Mills! 24/7 access to hundreds of premiere exercise and mindfulness videos in both English and Spanish. This feature includes the core offering of Les Mills workouts at an amazing value compared to the retail pricing of the Les Mills app.

- Base Beginner Workout
- Body Pump
- Body Flow
- Les Mills Grit
- Body Combat
- Body Attack
- Les Mills Core
- Mindfulness Series
- Sh'Bam
- The Trip
- RPM
- Les Mills Sprint

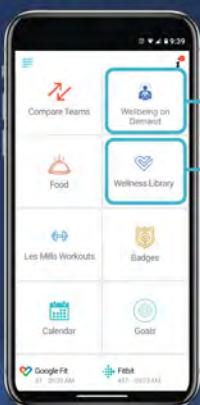


## Wellness Library

The Walkingspree Wellness Library is accessible 24/7 from the app or desktop and offers 1,500 pieces of original health and wellness content, featuring informative articles, special reports and first-person essays that are practical, engaging and reader-friendly.

Walkingspree's Wellness Library is written by certified medical professionals. Members learn about aging, weight loss, parenting, back pain, and more!

## October is Breast Cancer Awareness Month



Check out the "Breast Cancer" topic in the Wellness Library for articles on prevention, treatment, and ways to support those fighting cancer.



For an additional resource, check out "Meditation and Health" in the Wellness Library tile.



## Wellbeing Customizable Survey

Check in with your employees by utilizing our new programable survey feature. Inquire about morale, overall satisfaction, or anything you would like to ask to get a quick pulse check on your workforce. Answers are on a scale of 1-10 or yes/no, all responses will be reported to you in aggregate thereby protecting individual members' privacy.





# STANDARD CHALLENGES

Badge Challenges / Virtual Journeys / Virtual Walks



Walkingspree is proud to offer all types of challenges for our clients to launch.

Our dedicated Client Success Team will work with you, side by side, to ensure your challenges are the optimal choice for your demographic. We will set up these challenges for you and manage member inquiries at every step, leaving no questions unanswered.

Walkingspree offers a range of Wellness Challenges to fit your every need. Our expert Client Success team will guide you in choosing the right challenge for the right time.

## Individual Challenges

These challenges are designed for members to stay active, motivated, and connected with their colleagues.

Choose from: Badge Challenges, Virtual Walks, or Virtual Journeys to keep your employees motivated to exercise. Offer incentives if they earn all of the Badges, or assign points for participating.



## Team Challenges



Get your employees engaged by competing against each other or leadership. These challenges promote camaraderie and accountability as members work together for a common goal. Team challenges get everyone involved and working together to step into better health. Ask us about our Team vs. Team Challenge where divisional competition and playoffs for the Company Cup can heat up any organization.

## Badge Challenges

Badge Challenges allow clients to assign step counts and time frames to earn badges for participation. Emails are automatically sent to a member when a badge has been earned. The Achievement image is also displayed within the Badge section of their app.



## Virtual Walks

Take a journey across the world with your employees as you step through countries and watch your progress on a Google satellite map. Tour the Hawaiian islands, trek through Europe, traverse Route 66, or create your own path. Virtual walks are available as both individual challenges or team challenges.

# HEALTH-CENTRIC CHALLENGES



Walkingspree promotes a healthy lifestyle for its members. In order to better serve our members we have created specific Health-Centric Challenges to increase awareness of widespread chronic diseases. We have paired these challenges with daily exercise, a healthy diet, and knowledge to assist and motivate members to step into better health!

### Breast Cancer Awareness Challenge



### National Diabetes Awareness



Inside the App

### Got Heart? Walking Challenge



## Non-Physical Challenges

Walkingspree offers more than physical challenges. We have developed nutrition, hydration, self-care and mindfulness challenges to engage your employees and educate them on healthy habits they may institute in their daily lives.

### Nutrition Challenge



### Hydration Challenge



### Self-Care Challenge





# VIRTUAL JOURNEYS

Virtual Journeys allow for animated interactive map backgrounds which plot a walker's progress. Clicking a marker expands to showcase information and imagery describing the location. Fun achievement animations display over the map when a walker has passed a marker, and an automatic email will be sent to the member alerting them that they have earned a badge.



## Blue Zones Challenge

The Blue Zones of the World Virtual Journey highlights the areas around the globe known for longevity.

Learn healthy recipes from each region and discover aspects of their healthy lifestyle. Travel from Loma Linda, CA to Okinawa, Japan stepping into better health and uncovering the daily habits, diets, and lifestyles of residents in the Blue Zones in this individual or team Virtual Journey!



Marker Descriptions



Inside the App



Virtual Postcards

## More Virtual Journeys



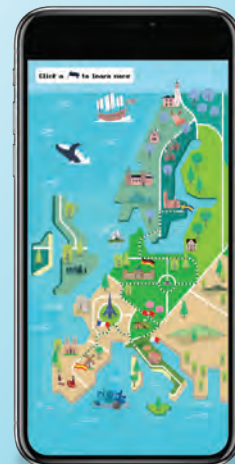
Sustainability Challenge



Holiday Hustle



Touchdown Challenge



Grand Tour of Western Europe



# CUSTOMIZATION & SUPPORT SERVICES

Walkingspree is proud to offer Direct Customizable Connections for members.

Choose your direct connection and we will be happy to link out to it for your employees securely through the Walkingspree App.

Provide easy access for your employees to access their wellness benefits as they enjoy our engaging challenges.

## CUSTOMIZATION MEANS WE CAN!

- Customizable Challenges
- Customizable Tiles
- Customizable Push Notifications
- Customizable Program Features: logging activity, member messaging, language translation services for marketing collateral\*, optional Wellbeing on Demand Video Courses, App Notifications, Email Marketing, and more!
- Custom setup – Over 50 combinations of features, marketing and administrative support options
- Display of your logo centrally placed on our mobile app
- Annual custom survey of members



We can set up divisional views where teams, challenges and Top Walkers can be easily viewed for a specific division of that employee. Furthermore, your divisional administrator can manage challenges and push messaging targeted to their division.





**XVZ Company**

## WONDERS AT YOUR FEET

*Step into a Fitter World*

**MM/DD - MM/DD**

Ready to step up and stroll around the world? "Wonders at Your Feet", where we transform world exploration into a game of steps. Earn badges to win prizes!

We're bringing the 'Seven Wonders of the Modern World' to your walking shoes, one stride at a time.

<b>Week 1</b> 5,000 avg. steps/day	<b>Week 2</b> 5,000 avg. steps/day	<b>Week 3</b> 5,000 avg. steps/day	<b>Week 4</b> 5,000 avg. steps/day	<b>Week 5</b> 5,000 avg. steps/day
<b>Week 6</b> 5,000 avg. steps/day	<b>Week 7</b> 5,000 avg. steps/day			

### REGISTER TODAY!

- Download the Walkingspree App from the Google Play or App Store
- Register with your employee email and employee ID (Include instructions here)
- Connect your device and start stepping!

**Choose your own screen name to be shown on the app!**  
Open your Walkingspree app every couple of days to seamlessly sync your steps. Don't miss out on rewards, make every step count!

Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.

walkingspree | Need help? Contact us at [support@walkingspree.com](mailto:support@walkingspree.com)

# CUSTOM MARKETING MATERIALS

Walkingspree offers Custom Marketing Materials, tailor-made to promote healthy habits and inspire members in fun, health-centric challenges! These engaging and visually compelling materials are designed to motivate and encourage your members towards a healthier lifestyle.

Crafted with your brand in mind, our suite includes vibrant posters, digital content, and inspiring challenge flyers. Whether it's a step competition, a wellness workshop, or nutrition awareness campaigns, these materials are perfect for sparking enthusiasm and participation in health-centric activities.

Elevate your health and wellness initiatives with our Custom Marketing Materials, and watch as your organization embarks on a journey towards better health, together. It's not just about challenges; it's about creating a culture of wellness and vitality!

**XVZ Company**

## Holiday HUSTLE

**NOVEMBER 6 - DECEMBER 17**

As the temperatures drop it's a perfect time of year to enjoy the outdoors on our daily walks! Join us in this fun step challenge as we scare up treats instead of tricks, enjoy the Autumn leaves changing in color, celebrate gratitude with family and friends, keep warm with hot cocoa, skate across frozen lakes, and build an ice castle!

<b>Halloween</b> Nov 6 - 12 5,000 avg. steps/day	<b>Fall Leaves</b> Nov 13 - 19 6,000 avg. steps/day	<b>Thanksgiving</b> Nov 20 - 26 7,000 avg. steps/day	<b>Hot Chocolate</b> Nov 27 - Dec 3 8,000 avg. steps/day	<b>Ice Skating</b> Dec 4 - 10 9,000 avg. steps/day	<b>Snow Castle</b> Dec 11 - 17 10,000 avg. steps/day

Each badge earn will enter you in the raffle for fun prizes.

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walkingspree | Need help? Contact us at [support@walkingspree.com](mailto:support@walkingspree.com)

# \*CUSTOM TRANSLATION SERVICES AND MARKETING COLLATERAL

**Walkingspree offers Custom Translation Services**, designed to perfectly align with your Marketing Collateral needs. Our expert team of linguists and marketing specialists work together to provide translations that are not only linguistically accurate but also culturally relevant, ensuring your message resonates with every demographic in your organization.

Our optional service ensures that your marketing materials speak directly to your global audience. We go beyond mere translation; we adapt your brand voice and messaging to connect effectively with diverse markets.

Leverage our Custom Translation Services to break language barriers and make your marketing truly global. It's more than translation; it's about creating a worldwide impact with your message.



\*Translation services are available for a small additional fee.

# INSPIRE AND BE INSPIRED: PHOTO UPLOADS

Elevate team spirit and inspiration within your workforce! Encourage your team members to upload their personal fitness journey photos, whether it's showcasing their daily step count triumphs or sharing a delicious recipe they've mastered for a nutrition challenge. Let their achievements spark motivation and collective enthusiasm among colleagues.





## STEP TOWARDS WELLNESS & MAKE A DIFFERENCE FOR OTHERS: CHARITABLE INCENTIVES AVAILABLE



Elevate your wellness challenges with a purpose-driven approach through our unique partnership with Feeding America® and our relationship with the UN World Food Programme. We are proud to offer a client-sponsored charitable donation system, seamlessly integrating philanthropy with health and wellness initiatives.

Participate in our wellness challenges and contribute to a noble cause! Each milestone achieved in these challenges may be configured to result in a client-sponsored donation to help fight hunger and support food security globally. This innovative approach not only fosters a sense of community and motivation among participants but also extends the impact of their efforts beyond personal health, contributing to a greater global good.

Join us in this synergistic venture where your commitment to wellness helps nourish lives and communities around the world. It's more than a challenge; it's a chance to make a difference.

\*\$1 donation made to Feeding America® helps to provide at least 10 meals to people facing hunger. One badge equates to a 10 cent donation.

Charity donations as incentives motivate members to help others all while helping themselves to become more physical active.



WALKINGSPREE PHYSICAL ACTIVITY PLATFORM	WALKINGSPREE BASIC PLATFORM	WALKINGSPREE PLUS PLATFORM
<b>Mobile App &amp; Website access</b>	✓	✓
<b>Wearable Device &amp; Smartphone Integration</b> (most wearable devices and smartphones)	✓	✓
<b>Physical Activity &amp; Nutrition Tracking</b> (steps, distance, food + calories)	✓	✓
<b>Self-reported Activity Converter</b>	✓	✓
<b>Challenges</b>	✓	✓
<b>Individual Leaderboard</b>	✓	✓
<b>Team Leaderboard</b>	✓	✓
<b>Personal Calendar</b>	✓	✓
<b>Points Program</b>	✓	✓
<b>Clubs – Setup or Join</b>	✓	✓
<b>Friends List for Camaraderie</b>	✓	✓
<b>Discounted wearable device e-Store</b>	✓	✓
<b>Les Mills Workouts on Demand</b>		✓
<b>Plus ONE Spousal/Family Program</b>		✓
<b>Wellbeing Products</b>		
<b>Wellness Library</b>		✓
<b>Wellbeing on Demand</b>		✓
<b>Wellbeing Interactive Journal</b>		✓
<b>Wellbeing Customizable Survey</b>		✓
<b>Support Services</b>		
<b>Client Success Team to manage program</b> Dedicated team of two members with 24 hour response guarantee	✓	✓
<b>Marketing Team</b> A team to produce marketing materials and email blasts	✓	✓
<b>Member Support</b> 8am to 6pm online access and within 8-hour response guarantee	✓	✓
<b>Divisional setup and challenges</b>		✓
<b>Rewards Administration with eGift Card vendor</b>		✓
<b>Custom Points Program – monthly upload</b>		✓

# 2023 WALKINGSPREE PRICING

	Walkingspree Basic **		Walkingspree Plus **	
	PPPM Pricing	PEPM Pricing	PPPM Pricing	PEPM Pricing
<b>SETUP FEE</b>	\$2,500	\$2,500	\$2,500	\$2,500
<b>iWalk Program Pricing *</b>				
<b>100 to 999 eligible **</b>	\$4.25	\$1.49	\$4.95	\$1.73
<b>1000 to 4,999 eligible</b>	\$3.40	\$1.19	\$4.00	\$1.40
<b>5,000 to 9,999 eligible</b>	\$2.35	\$0.82	\$2.85	\$1.00
<b>10,000 to 19,999 eligible</b>	\$1.95	\$0.68	\$2.35	\$0.82
<b>20,000 to 49,999 eligible</b>	\$1.75	\$0.61	\$2.10	\$0.74
<b>50,000+ eligible</b>	\$1.25	\$0.44	\$1.50	\$0.53
<b>Plus ONE spousal/family program *</b>	\$0.50	\$0.05	<i>Included</i>	<i>Included</i>
<b>Wellbeing Products *</b>				
<b>Wellness Library</b>	\$0.15	\$0.06	<i>Included</i>	<i>Included</i>
<b>Wellbeing On Demand</b>	\$0.50	\$0.20	<i>Included</i>	<i>Included</i>
<b>LES MILLS Workouts on Demand</b>	\$0.85	\$0.35	<i>Included</i>	<i>Included</i>
<b>Wellbeing Interactive Journal</b>	\$0.30	\$0.12	<i>Included</i>	<i>Included</i>
<b>Wellbeing Customizable Survey</b>	\$0.30	\$0.12	<i>Included</i>	<i>Included</i>
<b>Custom software/management services</b>				
<b>Divisional setup and challenges</b>	\$200/month	\$200/month	<i>Included</i>	<i>Included</i>
<b>Rewards Administration with eGift Card vendor</b>	\$100/funding	\$100/funding	<i>Included</i>	<i>Included</i>
<b>Custom Points program - monthly upload</b>	\$200/Month	\$200/Month	<i>Included</i>	<i>Included</i>
<b>Support Services</b>				
<b>Client Success Team to manage program</b>	Dedicated team of two members with 24 hour response guarantee		Dedicated team of two members with 24 hour response guarantee	
<b>Marketing team</b>	A team to produce marketing materials and email blasts		<b>Premium Package</b> - additional promotion of Wellbeing Products	
<b>Member Support</b>	8am to 6pm online access and within 8-hour response guarantee		8am to 6pm online access and within 8-hour response guarantee	

Walkingspree offers Performance Guarantees with 10% of fees at risk.

Annual Prepay is 11 months for the price of 12 months based on initial eligibility file. Extra charges will apply if Eligibility file increases by 20% or more.

\* Discount for longer term contracts: 2-Year contract is 5% off, 3-year contract is 10% off.

\*\* Minimum monthly invoice: Basic Package - \$600 per month, Plus package - \$700 per month