



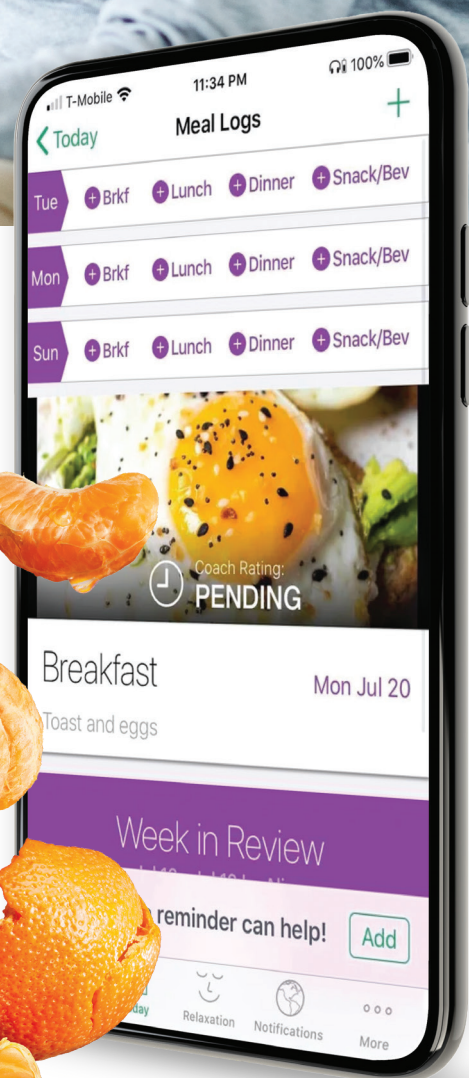
More to help members live healthier lives.

Introducing a Wellness Program supported by Kroger dietitians.

Welsana is a FREE 12-month program designed to help your members focus on healthy eating and meaningful movement with support from an expert personal coach, daily activities and nutrition plans, and real-time tracking – gradually building new, healthy habits through practice over time.

Kroger's aggregate intelligence about each individual's health, nutrition, and demographics lead to predictive targeting of health interventions to avoid costly medical outcomes. The result? Effective interventions for those who will benefit most and better overall healthcare utilization.

Email us at rxplans@kroger.com to schedule your FREE demo, or learn more at mywelsana.com.



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