

Total employee well-being support in one solution

When it comes to supporting the emotional, physical, and financial well-being of their employees, employers face many challenges — high cost, fragmented programs that aren't compatible, and more.

Optum can help — with a turnkey engagement solution from our partners at Rally[®] that's simple to get up and running. Get a leading digital health experience that empowers employees to take control of their health and well-being.

Designed to meet the needs of midsize employers:

- Easy implementation
 - Cost-effective
 - Seamless experience
 - Boosts engagement
-

**Now it's easy to offer a complete wellness program that meets
employee health goals.**



Simple for employers
to implement, simple
for employees to use.



Get a Total Well-Being Engagement Solution

Rally helps drive employee engagement, encourages health awareness, and promotes healthy daily habits. A comprehensive, personalized well-being digital engagement platform makes it all possible.



95%
of users complete the
Rally Health Survey¹



Choose an Incentive Program

Employers can select one of five predefined programs. Options include employee incentives for joining clinically validated digital wellness courses, getting biometric screenings, achieving biometric outcomes, completing health activities, and more. Wellness courses include content on eating well, staying fit, lowering stress levels, and more.



72 minutes
average time spent on
a wellness course²



Add Optional Well-Being Program Enhancements

EAP, Quit for Life®, Real Appeal®, Biometric Screenings

Employee Assistance Program and WorkLife

Our EAP offers employees and their families 24/7 confidential assistance for personal challenges, everyday issues, or workplace concerns — whether they seek support online or via text, phone, or chat. WorkLife benefits include legal, financial, child/eldercare, concierge services, and chronic condition support.



85%

felt less stress after using EAP³

Real Appeal weight loss

(Minimum: 500 employees)

This personalized, supportive digital weight loss program can help employees successfully reach and maintain a healthy weight — and save up to 26% in annual medical costs.⁵



42%

lost 5% or more body weight⁶

Quit for Life tobacco cessation

(Minimum: 750 employees)

Our clinically proven program can help employees successfully overcome nicotine addiction, including smoking and vaping. More than four million people have benefited from expert physical, psychological, and behavioral strategies.



51%

quit rate⁴

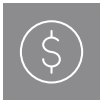
Biometric Screenings

Optum offers multiple convenient screening options such as onsite events, at labs, and through physician forms and at-home kits. These raise personal health awareness and offer insights that can motivate employees to take action for reducing risk factors.



4%

fewer ER visits by participants⁷



Connect Health Savings With Wellness Incentives

Optum Bank® helps employees understand their health savings (HSA), health reimbursement (HRA), and flexible spending accounts (FSA) — and how best to use them. Digital tools and apps help employees connect their financial and physical well-being.

Contact your Optum rep to start the conversation.

Call: 1-866-386-3404

Email: engage@optum.com

Sources

¹ Rally Daily Summary Report, 7/1/14 - 1/2/20.

² Optum Academy Quarterly Report 2019 Based on Optum Book of Business, Produced by The Big Know.

³ Q2 2019 Optum EAP Book of Business Client Satisfaction Results 2. Optum EAP satisfaction and outcome survey, 2017.

⁴ Quit For Life lives covered based on Optum book of business as of December 2018.

⁵ Source: Horstman et al., "Implementing an Online Weight-Management Intervention to an Employee Population: Initial Experience with Real Appeal.

⁶ Real Appeal Book of Business, among participants who attended 9+ sessions, 2018.

⁷ The Association Between Biometric Screening and Wellness Program Participation in 2018, Prevention Analytic Team, Optum Customer Performance Management, 7/19.



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