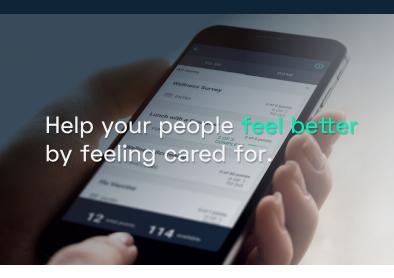
## Navigate Total Health™

A personalized, holistic approach to wellbeing, risk management, and a culture of care that will make your team and your business healthier – now and in the future.





## Why Total Health is different

- It creates a culture of care for your people as you manage costs and deliver value on your investment.
- It builds a shared responsibility for your team's health, with a focus on protecting their wellbeing and managing their risk factors.
- It's collaborative, promoting benefits that your organization already offers.

## How it works

- O1. A place to start. Beginning with our Total Health Survey, we gather data on lifestyle, medical and family history, biometrics, and personal goals.
- **O2.** A personalized plan. From there, Total Health will provide users with a personalized program to help them build a path to a healthier, happier life.
- 03. A wellbeing tracker, challenges, video learning, social engagement, events calendar, resource hub, and rewards.
  - · Progress measurement
  - Video learning
  - · Health coaching
  - · Incentives and rewards
- Group and personal challenges
- Promotion of your own benefit programs

- **04. Proof points.** Navigate will provide the data on how well your organization is doing—and how you're able to reduce participants' risk factors and lower your own costs in the process.
  - Track participation, program progress, challenges, device utilization, and more.
  - · Monitor organization-wide biometric risk trends.
  - Review real-time engagement rates 24/7.
  - Deliver regular pulse surveys how is your team feeling today?
  - Use data to understand your team's overall performance within each of Navigate's 8 Pillars of Wellbeing: balance, community, financial, mindfulness, nutrition, physical, purpose, and social.

