

Your Complete Population

Health Management Platform

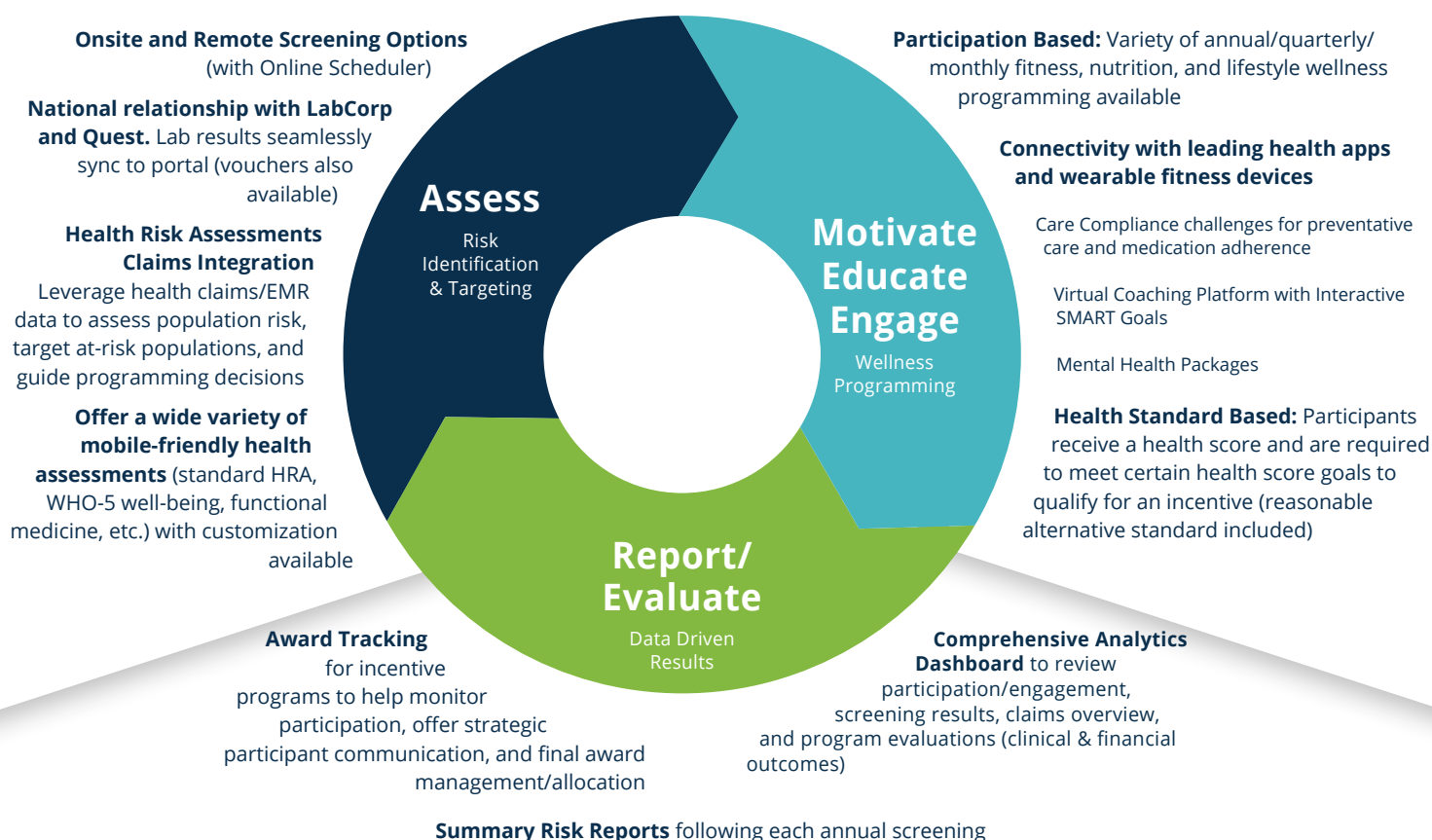
Complete Wellness Solutions is a national leader in corporate wellness and population health management solutions for payers, providers, and employers. We are dedicated to helping individuals and businesses thrive by offering tailored resources, tools, and solutions that catalyze meaningful behavior change and contribute to robust clinical and financial results along with improved quality of life.

Human Driven Programming

Inspire Change with Tailored Participant Experience

Our complete and compliant wellness programming empowers participants to care for their health by providing the motivation, education, tools and support needed to be successful. CWS provides a variety of participation based programs, health-standard based programs, and hybrid programs with industry leading features.

The CWS Approach






Pedometer Challenge: Sitting is the new smoking. Get on your feet and improve your health by increasing your daily movement. Walk 500,000 steps during the challenge period to complete this challenge. Sync a compatible fitness device to the portal to have steps counted automatically.



Walk to Destination: This challenge lasts 30 days and encourages participants to be active via a virtual trip through your chosen destination. The participant receives a text each evening reminding them to record their activities from that day. The text also includes "travel" info about the destination or a fitness tip. Participants can view their progress in real-time on a map and compare their progress with other challenge participants (leaderboard available).

Featured

Challenges

 indicates challenge is mobile friendly



Maintain, Don't Gain: Maintain your weight over the holidays with tools and resources to stay on track. To complete this challenge, maintain or improve your body fat % or stay within 2 pounds of your initial body weight for the duration of the challenge. Participants receive motivational messages three times per week and record weight once a week.



Know Your Numbers: Check personal lab results following completion of wellness screening and HRA to complete this challenge. Pair this challenge with personal lab reviews for best results.



Well Rested: Catch up on your sleep and adopt helpful bedtime habits to improve your wellbeing. Keep a sleep log for 60 days to complete this challenge. Verified sleep data can come from the following synced devices: Apple, Azumio, FitBit, Garmin, and Misfit.



Gratitude: Having an attitude of gratitude is an important and effective form of self-care and is proven to reduce stress, improve sleep, boost immunity and strengthen social bonds. Complete 30 daily journaling prompts that challenge you to look for the good and express gratitude for the people, places, and circumstances in your life.



Eat Well: Eat well to fuel your body, prevent disease, and manage a healthy weight. Learn healthy tips for shopping and eating healthy while completing a food log of everything you eat and drink for a minimum of 30 days to complete this challenge. Pair this challenge with wellness coaching for best results.



Daily Fitness: Regular physical activity is important to help build strength, boost metabolism, improve sleep, relieve stress, and prevent disease. Having a daily fitness practice is also a great way to maintain your momentum and stay motivated toward your fitness goals. Complete suggested daily workouts while building in your own rest days. Track for a minimum of 60 days to complete the challenge.

Technology

Supported

Programs

Comprehensive Population Health Management Platform

The portal is easy to navigate, scalable, mobile friendly, and configurable to make it easy to bring effective wellness solutions to your organization. We can match the look and feel of existing portals and offer single sign-on capability to keep the user's experience seamless.

Roles Include: Employer/Agent, Scheduler, Manager, Administrator, Counselor/Therapist, EAP Administrator, Screener, Clinician, Health Coach, and Health Coach Manager



Delivering World Class Care

Our easy-to-integrate platform delivers a consistent real-time data feed between clinicians, health coaches, screeners, and participants. Our technology provides consistent reporting of lab results outside reference ranges and flags clinically significant changes in lab values within the normal range.

Targeted Messaging (Text, Email, and Portal)

Care. Connect. Encourage.

Keep employees and patients engaged through targeted emails, texts, and secure portal messages.

Wellness Program Notifications

for appointment reminders, abnormal labs alerts, program updates, health coach nudges, and prescription reminders.

Your recent screening results are now available in your wellness portal. Click here to log in and view your results.

Health Plan Notifications

to expedite pending claims.

Complete your online enrollment documents by 12/31/20 to have health insurance in 2021.

Employer Communications

by hire date, location, department, shift, insurance status, and more.

Mandatory department meeting
Thursday at 3:00 PM.

Care Compliance Messaging

for condition care compliance, prescription non-compliance, preventive screenings, and immunization reminders.

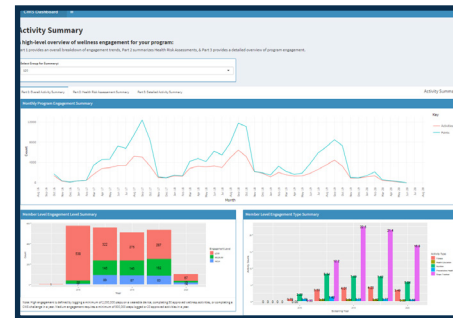
Flu season is almost here. Have you received your annual flu shot this year?

Data Driven Results

Our internal data science team is here to help evaluate and maximize your program's effectiveness and assist with any of your population health analytics needs. Our dynamic analytic dashboards allow clients to monitor program engagement, assess risk, and extract key insights about their program in real-time. Additionally, we provide a wide variety of descriptive, predictive, and real-time analytic services.

Descriptive

- Comprehensive Program Evaluation
 - Health Outcomes
 - Financial Outcomes (Claims)
 - Well-Being Outcomes (WHO-5)
- Custom Reporting and Dashboards



Predictive

- Risk Prediction
 - Claim Utilization
 - Shock Claim Likelihood
- Chronic Disease Diagnosis/Disease Progression Prediction

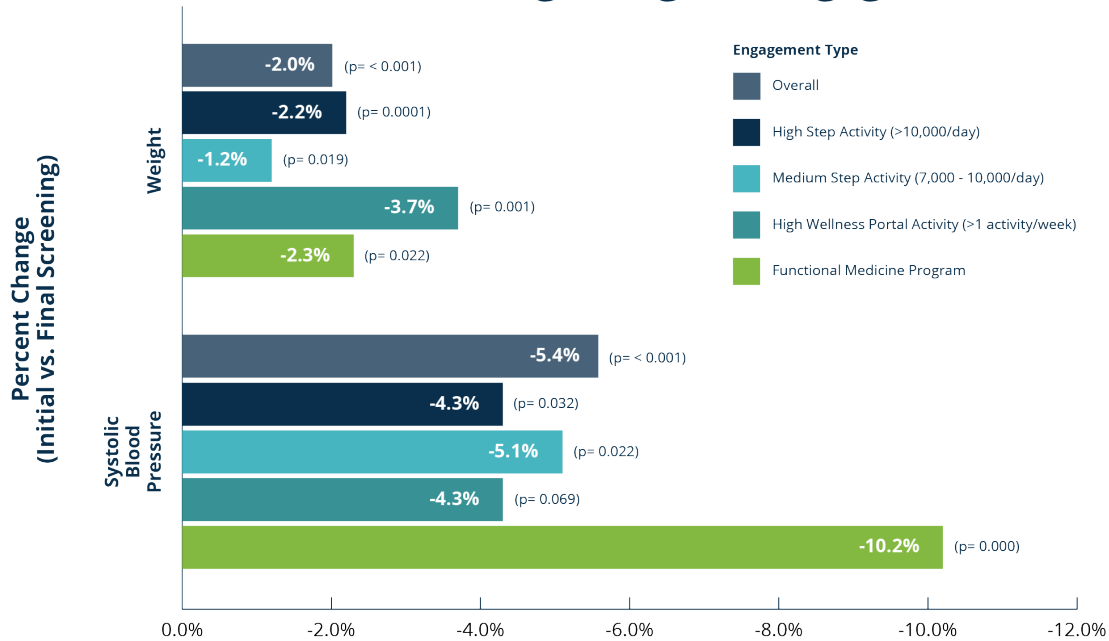


Real-Time

- Medication Adherence Programs
- Personalized Activity Recommendations
- Supported by best-in-class messaging technology



Health Outcomes of High Program Engagement



Significant reductions in Weight and Systolic Blood Pressure were observed from all types of engagement measured

Program Evaluation

ROI (Claims)

Claims (Per Employee) By Engagement Bucket

Employee Count			Mean	
Year	Low/None	High	Low/None	High
Initial	244	59	\$7,899	\$5,904
Final			\$10,237	\$5,636
Difference (\$):			\$2,338	-\$268
Program Savings (\$):			\$2,606	

High engagement in CWS health interventions leads to substantial cost savings in medical claims of **\$2,606** annually per highly engaged member

1. Sample includes 303 participants from two programs
2. Average program duration was 17 months
3. Medical claims are filtered to remove claims related to: parasitic diseases, malignant neoplasms, diseases of the blood, mental disorders, eye/ear diseases, genitourinary disease, pregnancy, and injury/poisoning of external causes