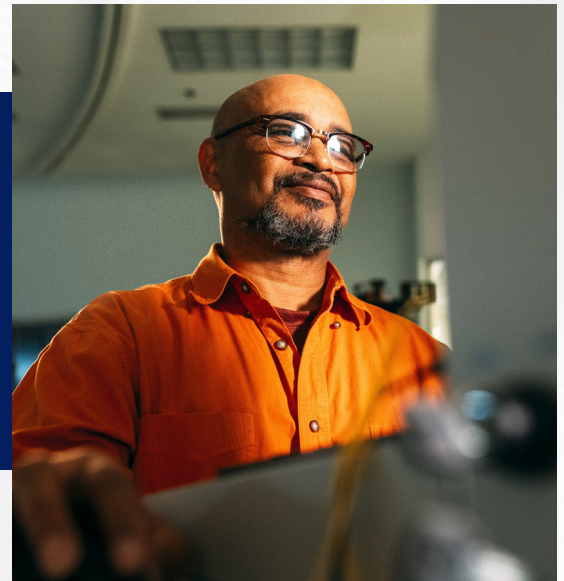


IN THE WORKPLACE



The Coach Approach

Whole person care, when you need it.



WWW.PREVENTIAGROUP.COM

THE SITUATION

Healthcare is broken, and the impact of quality of life extends well beyond the physical into our mental and emotional well-being. *Health* doesn't happen in doctor's offices. It happens at home, at work, and in real life. Over 90% of health conditions are a direct impact of our habits and behaviors – the root cause of disease. A whole-person problem requires a whole-person solution.

Preventia is a virtual platform that makes it easier for populations to connect with care providers that manage lifestyle, habit, behavior and mental health. By expanding the Care Continuum through *The Coach Approach*, we connect people to care providers that meet people where they are on their health journey. Our network of providers is made up of board-certified health coaches, nutrition experts, and mental health caregivers. This allows us to provide very personalized care – and we do this at scale.

THE IMPACT

MW Cold, a small logistics company in Indianapolis, has a significant commitment to their community. They employ the formerly incarcerated, immigrants, and those from first-generation households, and people from diverse backgrounds and socio-economic status.

They have a longstanding commitment to support their employees' overall health and wellness to help improve engagement, retention, and performance. In addition to a robust wellness engagement program, they recognize the importance of adding personalized care to drive impact.

Since instituting Preventia's platform, in any given month over 20% of the employees engage in a Preventia coaching session. For those that participate in the company's Wellness Incentive Program, almost 90% complete their required number of care visits.

OUR SOLUTION

Whether you need a care solution to round-out your digital wellness portfolio or a complete holistic engagement and care platform, Preventia can meet your needs. We enable users to connect with qualified care professionals who can meet their individual needs – fully integrated with powerful wellness technology that serves as the supportive mechanism for behavior change.

Our virtual-first scalable solution enhances access to care and provides support from credentialed health and wellness providers and clinical specialists in the professional disciplines needed to service the needs of our customers.

Let's change lives together!

A whole-person problem requires a whole-person solution.

MW COLD

- 120 employees
- Over 20% employees engaged in coaching each month.
- For those in the Wellness Incentive Program, 90% complete all their required coaching visits.
- Healthcare premium costs have not increased in two years!

CHANGING LIVES

"One of our high-value employees was struggling with stress and it was impacting his work. After meeting with his Preventia coach, they recommended that he be referred to a mental health therapist in the Preventia network for more targeted care. He was able to schedule and see this provider within 24 hours. The employee reported that the video session was engaging and extremely helpful, and they plan to continue the visits. The leadership here is very thankful for Preventia as it provides a valuable program to assist with our employees' holistic wellbeing needs." ---TS, Executive Vice President

CW's Story – CW started meeting with a Preventia Coach due to actively drinking and missing work. The Coach realized CW needed more intensive support and referred to a platform Recovery Coach. After 5 months of regular Recovery Coaching appointments, CW achieved sobriety. Now CW meets with a Mental Health Coach once a month, or as needed. Not only have they maintained sobriety for over 9 months, but they now lead an online Alcoholics Anonymous meeting! Company leadership saw how the model worked, how CW's performance and engagement improved, and expanded their active support of the program. CW expressed their gratefulness for the program and support, *"This program was instrumental to me and my spouse's road to recovery from alcoholism, and a big reason why we're both sober today!"*

ENGAGEMENT RETENTION PERFORMANCE