



WALKINGSPREE

WELLNESS PROGRAM

OVERVIEW

Global leader in corporate wellbeing programs since 2006 - Encouraging people to live an active and healthy lifestyle



2023

Contact us at
nathan@walkingspree.com



BEST IN CLASS WELLNESS PLATFORM

Walkingspree has been an industry leader in engaging people to live active, healthier lifestyles. We serve clients by encouraging their members to move more and feel good about their wellbeing, and for clients to save on healthcare claim costs.

WHO WE ARE

We are a proven digital program with multiple case studies demonstrating the reduction of health insurance costs. Our success with BCBS of Michigan was published in a peer-reviewed academic article in the Journal of Preventive Medicine. Studies undertaken by clients and their insurers show annual healthcare cost containment of Walkingspree members compared to those members not on the program.

We also have been awarded as the Top Corporate Challenge Program, Walking Challenge, and Fitness Challenge vendor by Shortlister.

DATA SECURE

We are compliant with U.S. government's HIPAA regulations, European Union's GDPR standards, and recently introduced California Consumer Privacy Act (CCPA). Walkingspree has implemented industry-standard security practices that wholly safeguard Walkingspree's environment. These standards and policies are on data security, data privacy, incident response, security awareness, disaster recovery/backup, software vulnerabilities, security audits, and employee screening.

EASY CONNECTION & ENGAGING FEATURES

Our open mobile app platform allows members to easily connect and automatically sync step data from any mobile phone or smartwatch. We also offer an optional manual entry for moving steps or an optional logging activity feature which will convert physical activities to their step equivalent. Walkingspree offers fun and educational challenges designed to increase physical activity, improve nutrition, and promote wellbeing. Our engagement features keep the challenges fun, offer support and collaboration, as well as add healthy competition components including: Team Challenges, Clubs, Leaderboards, and Friends messaging capabilities. Our intellimessaging platform sends engaging email and push messaging nudges to keep your members motivated utilizing the best practices known in behavioral economics.

FULL ACCOUNT MANAGEMENT & ADMINISTRATION

We'll help you kick-off and manage your entire program with a dedicated account management team. From strategic planning, program execution to reporting, we will assist in creating and delivering an impactful program which exceeds your expectations.

EXPERTISE EXPERIENCE ENGAGEMENT

OUR PURPOSE:
ENGAGING PEOPLE TO LIVE
AN ACTIVE AND HEALTHY
LIFESTYLE

DRIVING POSITIVE RESULTS

OVER 500+ BILLION STEPS



Our members have walked over 500 billion steps over the years. Employees have become more physically active and live healthier lifestyles. In fact, our members walk ~67% more than the average American. We aim to deliver a highly engaged, meaningful program for all of our clients each year.

MORALE BOOSTER



Walkingspree program is a team builder and develops camaraderie among those working in factories, office, hybrid workplaces, or work-from-home environments. We connect all of them with our app. 74% of members reported they felt company morale improved because of Walkingspree.

HEALTH IMPROVEMENT



86% of members reported their overall physical health improved from participating in Walkingspree programs and challenges.

HIGHLY RATED MOBILE APP



We've built our platform to make our user experience as easy as possible. Once connected to wearable devices or smartphones, navigation and using our app is intuitive. We have received nearly 5,000 ratings with an average rating of 4.7 stars.

HAPPINESS & WELL BEING



93% of members reported their overall happiness and well-being improved by participating in their employer's Walkingspree program.

TOP-RATED SUPPORT



Our Client Success team regularly achieves an average score of over 9.0 out of 10 for availability, responsiveness and professionalism in working with clients. Our Member Support team achieved an average score of 98% or above in addressing member issues.

PRODUCTS & FEATURES

TRACK



Our step tracking program is universal and validated. We connect to all three smartphone health tracking platforms – Apple Health, Google Fit and Samsung Health. Apple Watch, Wear OS smartwatches, and Samsung Watches are automatically or easily connected to Walkingspree. In addition, we connect directly to Fitbit and Garmin platforms and their devices. Thus, any smartwatch can be connected to Walkingspree to provide a validated step program for providing incentives. We provide an option to self-track other activities to offer a robust physical activity tracking platform for your members.

fitbit

GARMIN

SAMSUNG Health

WATCH
iPhone

כוסברה
כוסברה
wear

And a variety
other device

Members can purchase discounted wearable devices from our online store with direct shipping or we can fulfill a corporate bulk order. Clients may incentivize by offering devices through payroll deduction or even provide subsidies of any amount for any device and Walkingspree will facilitate the transaction. We also offer installment payments through Sezzle for member convenience.



SOCIALIZE

Walkingspree platform creates a supportive community. Friends can challenge each other, support and chat. Clubs can be created among those with common interests to chat and run informal challenges. Official team competition motivates and builds camaraderie among groups.

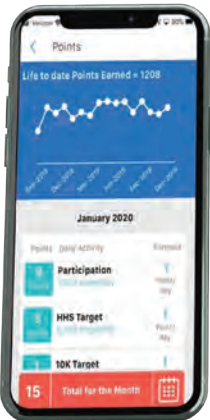
Leaderboards compare individual and team's placement against other members and teams.

POINTS PROGRAM



Steps or points can be used as currency to incentivize your members. Walkingspree offers a customizable points program for reaching daily step targets. Points can be awarded for nutrition and wellbeing activities. Walkingspree's platform is flexible to import data files and award points for client's other wellness activities.

Walkingspree will manage an e-gift card incentive program through our partner relationships. We provide the data for a client to offer health premium insurance discounts, HSA deposits, and non-tangible incentives as rewards.



Activity	Points
Participation 1,000 steps/day	1 point/day
Meeting CDC Recommendations 6,000 steps/day	1 point/day
10K Target 10,000 steps/day	1 point/day
10K Streak 1,000 steps - 5 days in a row	10 points/month
Fruits & Vegetables - 5 or more USDA recommendation of 5 to 9 servings	3 points/day
Attend an online coaching session Connect with your coach	20 points/session

We can award points for completing challenges, Les Mills workouts, Wellbeing Interactive Journal, and client's other wellness activities. Thus, we can offer a wellness program based on points that can be incentivized by health insurance premium discounts or HSA deposits.

REPORTING



Walkingspree can provide daily to monthly electronic data feeds on member activity. Management reports will be provided on quarterly performance and Challenge results. Administrative reports include points awarded and devices purchased. We can deliver custom reports for rewards management and participation analysis. We can work with you to undertake healthcare claims analytics of Walkingspree members compared those not on the program to understand claim differentials and ROI proof.

Walkingspree will work with your team to administer member surveys and summarize member feedback.



OPTIONAL SERVICES

PLUS ONE PROGRAM



Walkingspree is more fun with friends! In addition to competing with colleagues, Walkingspree has implemented a new optional program feature which encourages members to invite one person (spouse, partner, family, friend, etc.) to join them on the Walkingspree app! We know that motivation and accountability are integral to any fitness regimen and we have found increased participation from members who may invite their loved ones to program.

PLUS ONE

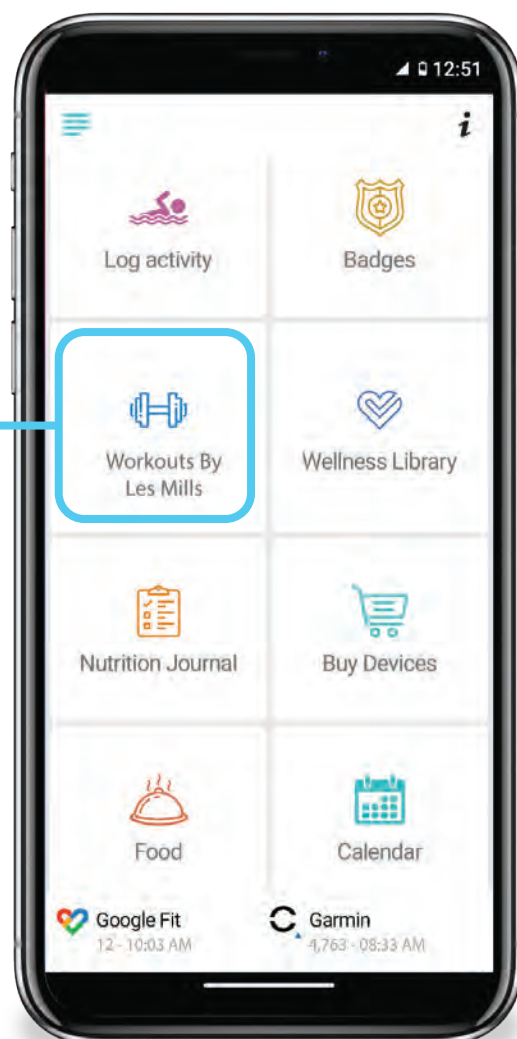


LES MILLS WORKOUTS



Walkingspree is proud to announce Workouts with Les Mills! 24/7 access to hundreds of premiere exercise videos will be available within the Walkingspree app in both English and Spanish. This feature includes the core offering of Les Mills workouts at an amazing value compared to the retail pricing of the Les Mills app.

- Base Beginner Workout
- Body Pump
- Body Flow
- Les Mills Grit
- Body Combat
- Body Attack
- Les Mills Core
- Mindfulness Series
- Sh'Bam
- The Trip
- RPM
- Les Mills Sprint





OPTIONAL SERVICES

Wellbeing on Demand:

24/7 Access to relevant videos, audio and insightful wellbeing awareness content from the world's leading experts accessible from the Walkingspree app or through our desktop portal.

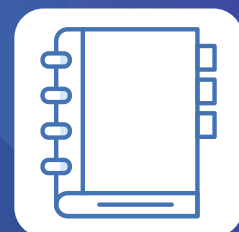
Add resilience to your employee's physical activity routine to help improve their overall health and well-being.

Members enjoy learning about Stress Management, Self-Care, Parenting, Gratitude, Mindfulness and much more with our new video and audio course library!



Wellbeing Interactive Journal

Create a "Challenge," communication or survey on any wellness topic such as nutrition, hydration, sleep, stress, or general mood. Answers may be set to Yes/No or in a scale of 1 to 10. Clients can incentivize to award points or virtual badges. Walkingspree will recommend helpful articles directing members to our Wellness Library or a valuable online article to support the topic of each question based on the member's response. Motivational push messages remind members to answer the questions and may be scheduled at specified time intervals for members who have not answered the journal questions. A helpful calendar keeps track of days the questions have been answered allowing members to quickly see their monthly progress. Walkingspree will provide aggregate data for clients on the completion rate of each question, responses to questions, and incentive points or badges awarded for the month.



Wellness Library

The Walkingspree Wellness Library is accessible 24/7 from the app or desktop and offers 1,500 pieces of original health and wellness content, featuring informative articles, special reports and first-person essays that are practical, engaging and reader-friendly.

Walkingspree's Wellness Library is written by certified medical professionals. Members learn about aging, weight loss, parenting, back pain, and more!



Wellbeing Customizable Survey

Check in with your employees by utilizing our new programable survey feature. Inquire about morale, overall satisfaction, or anything you would like to ask to get a quick pulse check on your workforce. Answers are on a scale of 1-10 or yes/no, all responses will be reported to you in aggregate thereby protecting individual members' privacy.



STANDARD CHALLENGES

Badge Challenges / Virtual Journeys / Virtual Walks

Walkingspree is proud to offer all types of challenges for our clients to launch.

Our dedicated Client Success Team will work with you, side by side, to ensure your challenges are the optimal choice for your demographic. We will set up these challenges for you and manage member inquiries at every step, leaving no questions unanswered.

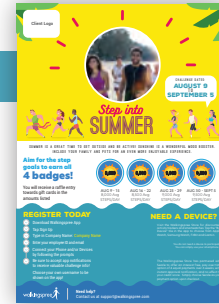
Walkingspree offers a range of Wellness Challenges to fit your every need. Our expert Client Success team will guide you in choosing the right challenge for the right time.



INDIVIDUAL CHALLENGES

These challenges are designed for members to stay active, motivated, and connected with their colleagues.

Choose from: Badge Challenges, Virtual Walks, or Virtual Journeys to keep your employees motivated to exercise. Offer incentives if they earn all of the Badges, or assign points for participating.



TEAM CHALLENGES

Get your employees engaged by competing against each other or leadership. These challenges promote camaraderie and accountability as members work together for a common goal. Team challenges get everyone involved and working together to step into better health. Ask us about our Team vs. Team Challenge where divisional competition and playoffs for the Company Cup can heat up any organization.

BADGE CHALLENGES

Badge Challenges allow clients to assign step counts and time frames to earn badges for participation. Emails are automatically sent to a member when a badge has been earned. The Achievement image is also displayed within the Badge section of their app.



VIRTUAL WALKS

Take a journey across the world with your employees as you step through countries and watch your progress on a Google satellite map. Tour the Hawaiian islands, trek through Europe, traverse Route 66, or create your own path. Virtual walks are available as both individual challenges or team challenges.



Contact: nathan@walkingspree.com

HEALTH-CENTRIC CHALLENGES

Walkspree promotes a healthy lifestyle for its members. In order to better serve our members we have created specific Health-Centric Challenges to increase awareness of widespread chronic diseases. We have paired these challenges with daily exercise, a healthy diet, and knowledge to assist and motivate members to step into better health!



Inside the App



BREAST CANCER AWARENESS CHALLENGE



DIABETES PREVENTION AND MANAGEMENT CHALLENGE



GOT HEART? WALKING CHALLENGE

NON-PHYSICAL CHALLENGES

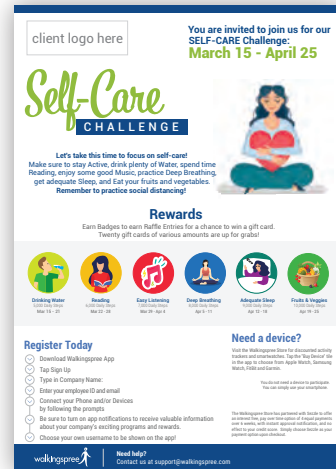
Walkspree offers more than physical challenges. We have developed nutrition, hydration, self-care and mindfulness challenges to engage your employees and educate them on healthy habits they may institute in their daily lives.



NUTRITION CHALLENGE



HYDRATION CHALLENGE



SELF-CARE CHALLENGE

VIRTUAL JOURNEYS

Virtual Journeys allow for animated interactive map backgrounds which plot a walker's progress. Clicking a marker expands to showcase information and imagery describing the location. Fun achievement animations display over the map when a walker has passed a marker, and an automatic email will be sent to the member alerting them that they have earned a badge

BLUE ZONES CHALLENGE

The Blue Zones of the World Virtual Journey highlights the areas around the globe known for longevity.

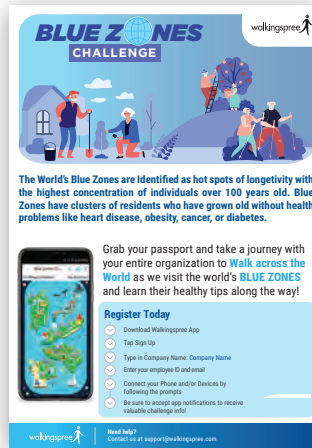
Learn healthy recipes from each region and discover aspects of their healthy lifestyle. Travel from Loma Linda, CA to Okinawa, Japan stepping into better health and uncovering the daily habits, diets, and lifestyles of residents in the Blue Zones in this individual or team Virtual Journey!



Virtual Postcards



Badges



Marketing Flyers

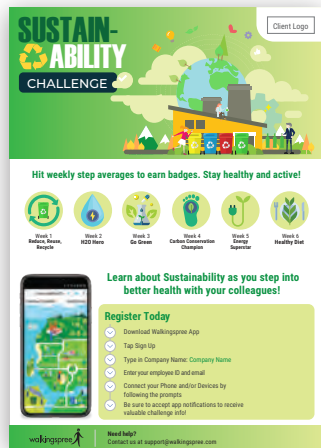


Marker Descriptions



Inside the App

MORE VIRTUAL JOURNEYS



SUSTAINABILITY CHALLENGE



TOUCHDOWN CHALLENGE

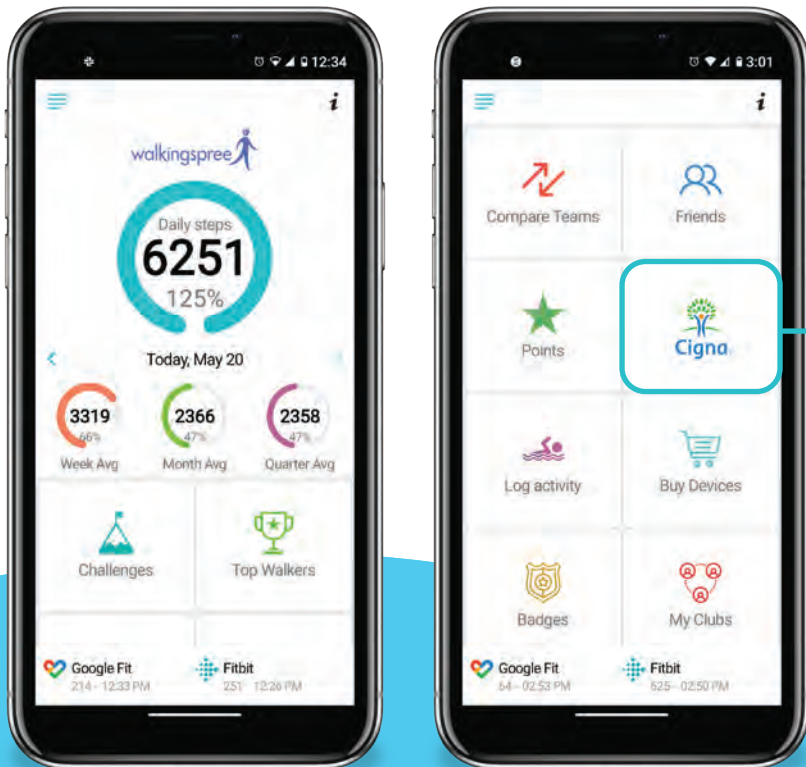


THE GRAND TOUR OF WESTERN EUROPE



HOLIDAY HUSTLE

CUSTOMIZATION AND SUPPORT SERVICES



Walkingspree is proud to offer Direct Customizable Connections for members.

Choose your direct connection and we will be happy to link out to it for your employees securely through the Walkingspree App.

Provide easy access for your employees to access their wellness benefits as they enjoy our engaging challenges.

CUSTOMIZATION MEANS WE CAN!

- Customizable Challenges
- Customizable Tiles
- Customizable Push Notifications
- Customizable Program Features: logging activity, member messaging, language translation services for marketing collateral*, optional Wellbeing on Demand Video Courses, App Notifications, Email Marketing, and more!
- Custom setup - Over 50 combinations of features, marketing and administrative support options
- Display of your logo centrally placed on our mobile app
- Annual custom survey of members

We can set up divisional views where teams, challenges and Top Walkers can be easily viewed for a specific division of that employee. Furthermore, your divisional administrator can manage challenges and push messaging targeted to their division.



REAL RESULTS



In 2016, CHRISTUS Health reached out to Walkingspree for options to resolve their challenge of bringing together their employees and supporting the company culture of healthy living and to control the health claim costs of their Associates.

The average annual member spend of the Walkingspree platform and CHRISTUS' Kudos incentive program was only \$40.60, compared to a reduction of \$2,476 in claim cost per participant.



Quarterly challenges



Points program incentives



Digital billboards



Wellness champions



Microsoft teams wellness channel



**Payroll deduct option to purchase a new device
(Apple Watch, Fitbit, Garmin)**



"Walkingspree is fantastic! You always go above and beyond and are one of our best vendors."

**- Holly Tucker,
Manager of Corporate Wellness
CHRISTUS**



"My experience has been great. love it, its a great motivator and the only motivation I get. thank you"

**CHRISTUS Associate
on Walkingspree Program**

By the numbers:

11,725

Number of CHRISTUS Associates participating in Walkingspree

40%*

Percentage of CHRISTUS Associates participating in Walkingspree vs. entire population

*29,000 CHRISTUS Associates are eligible for the Walkingspree Program

3,500 Steps per day for Average American

5,750 Steps per day for CHRISTUS Associate participating in Walkingspree

64% more steps CHRISTUS Associates walk more than the Average American every day

6% of Walkingspree registered Associates average over 10,000 steps every single day

14% of Walkingspree registered Associates average over 8,000 steps every single day

The average annual claim costs:

Those who are not on the Walkingspree program
= **\$5,393**

Those who walked less than 5,000 steps/day
= **\$3,138**

Those who walked more than 5,000 steps/day
= **\$2,273**



WALKINGSPREE PLUS

We have worked with organizations, health carriers and their consultants for over 16 years. We know how to engage your employees with our fun challenges, nudges, messaging, incentives and utilization of health-premium incentives to engage your eligible population. Your employees will be energized and feel healthier with the introduction of our simple and effective wellness program. We are confident that camaraderie and morale will also improve at your workplace. Getting to 50%+ engagement is realistic with our expert Client Success Managers to advise you every step of the way.

Walkingspree Plus incorporates all of our core features in addition to our premium services. To optimize the success of your wellness program we recommend the Walkingspree Plus option as it includes: Premiere exercise videos from Les Mills, divisional set up which allows regional offices to run their own challenges in conjunction with company-wide challenges, Plus One to invite a friend or spouse, a robust Wellness Library, and Wellbeing on Demand which provides 24/7 access to video and audio courses. Walkingspree Plus includes these features at a considerable discount to ensure maximum engagement.

WALKINGSPREE PHYSICAL ACTIVITY PLATFORM	WALKINGSPREE BASIC PLATFORM	WALKINGSPREE PLUS PLATFORM
Mobile App & Website access	✓	✓
Wearable Device & Smartphone Integration (most wearable devices and smartphones)	✓	✓
Physical Activity & Nutrition Tracking (steps, distance, food + calories)	✓	✓
Self-reported Activity Converter	✓	✓
Challenges	✓	✓
Individual Leaderboard	✓	✓
Team Leaderboard	✓	✓
Personal Calendar	✓	✓
Points Program	✓	✓
Clubs – Setup or Join	✓	✓
Friends List for Camaraderie	✓	✓
Discounted wearable device e-Store	✓	✓
Les Mills Workouts on Demand		✓
Plus ONE Spousal/Family Program		✓
Wellbeing Products		
Wellness Library		✓
Wellbeing on Demand		✓
Wellbeing Interactive Journal		✓
Wellbeing Customizable Survey		✓
SUPPORT SERVICES		
Client Success Team to manage program Dedicated team of two members with 24 hour response guarantee	✓	✓
Marketing Team A team to produce marketing materials and email blasts	✓	✓
Member Support 8am to 6pm online access and within 8-hour response guarantee	✓	✓
Divisional setup and challenges		✓
Rewards Administration with eGift Card vendor		✓
Custom Points Program - monthly upload		✓

2023 WALKINGSPREE PRICING

	Walkingspree Basic **		Walkingspree Plus **	
	PPPM Pricing	PEPM Pricing	PPPM Pricing	PEPM Pricing
SETUP FEE	\$2,500	\$2,500	\$2,500	\$2,500
iWALK PROGRAM PRICING *				
100 to 499 eligible **	\$4.00	\$2.00	\$4.80	\$2.40
500 to 999 eligible	\$3.80	\$1.52	\$4.60	\$1.84
1,000 to 1,999 eligible	\$3.25	\$1.14	\$3.80	\$1.33
2,000 to 4,999 eligible	\$2.90	\$1.02	\$3.45	\$1.21
5,000 to 9,999 eligible	\$2.20	\$0.77	\$2.65	\$0.93
10,000 to 19,999 eligible	\$1.95	\$0.68	\$2.35	\$0.82
20,000 to 49,999 eligible	\$1.75	\$0.58	\$2.10	\$0.69
50,000+ eligible	\$1.25	\$0.41	\$1.50	\$0.50
PLUS ONE SPOUSAL/FAMILY PROGRAM *	\$0.50	\$0.05	<i>Included</i>	<i>Included</i>
WELLBEING PRODUCTS *				
Wellness Library	\$0.10	\$0.04	<i>Included</i>	<i>Included</i>
Wellbeing On Demand	\$0.50	\$0.20	<i>Included</i>	<i>Included</i>
LES MILLS Workouts on Demand	\$0.80	\$0.32	<i>Included</i>	<i>Included</i>
Wellbeing Interactive Journal	\$0.30	\$0.12	<i>Included</i>	<i>Included</i>
Wellbeing Customizable Survey	\$0.30	\$0.12	<i>Included</i>	<i>Included</i>
CUSTOM SOFTWARE/ MANAGEMENT SERVICES				
Divisional setup and challenges	\$200/month	\$200/month	<i>Included</i>	<i>Included</i>
Rewards Administration with eGift Card vendor	\$50/funding	\$50/funding	<i>Included</i>	<i>Included</i>
Custom Points program - monthly upload	\$100/Mth	\$100/Mth	<i>Included</i>	<i>Included</i>
SUPPORT SERVICES				
Client Success Team to manage program	Dedicated team of two members with 24 hour response guarantee		Dedicated team of two members with 24 hour response guarantee	
Marketing team	A team to produce marketing materials and email blasts		Premium Package - additional promotion of Wellbeing Products	
Member Support	8am to 6pm online access and within 8-hour response guarantee		8am to 6pm online access and within 8-hour response guarantee	

Annual Prepay is 11 months for the price of 12 months based on initial eligibility file. Extra charges will apply if Eligibility file increases by 20% or more.

* Discount for longer term contracts: 2-Year contract is 5% off, 3-year contract is 10% off.

** Minimum monthly invoice: Basic Package - \$500 per month, Plus package - \$600 per month

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