



FitLyfe 360 Private Platform





About FitLyfe

Health and wellness programs are becoming the leading solution to improving the health of employee populations and their families. As companies design their health management and wellness strategy, an often overlooked or undervalued component is the technology connection that brings vendors together, integrates and analyzes data, and provides a simple, one-stop experience for members. FitLyfe brings a sophisticated, tested, and power technology platform and service solution through their FitLyfe 360 platform. Either through FitLyfe preferred partners or an organizations established solutions, the platform's fully customizable and modular design gives administrators ultimate flexibility to choose and evaluate the most effective health and wellness solution for their members.

We help our clients understand the value, the solution, the costs and the complexities of our solutions to help deliver the best experience for your organization. Established in 2005, we have been building population health solutions since 2007. We have invented new solutions, solved problems and improved many of the health and wellness challenges faced by companies, from engagement to integration to insight. Through channel partners or direct B2B, our solutions are designed to mold to each organizations' strategy , tailored to your specific population's need to achieve design effectiveness, mitigate waste in the healthcare costs, and ultimately provide a simple and engaging platform for members to access resources. Welcome to health made simpler.

97% of human resources (HR) practitioners agree “now more than ever it’s essential to have tools to effectively evaluate data and make informed decisions,” according to a survey by the non-profit National Alliance of Healthcare Purchaser Coalitions.



What is FitLyfe 360 Platform?

FitLyfe 360 is a SaaS health and wellness private platform that simplifies health and wellness program administration while providing unlimited access to the best of breed vendor services (biometric screening, care coordination, outcome based tracking, coaching, weight management, etc.). The Platform is 100% vendor agnostic, giving organizations ultimate flexibility to customize their design year to year. Equipped with the tools to engage members and increase program participation through SSO configuration, FitLyfe 360 is the one-stop hub where users have access to all their health benefit programs and receive targeted and personalized health paths based on their own data. FitLyfe 360 shows organizations what is working and what is not by giving administrators access to real-time participation reports for each program. FitLyfe 360 is a *Powerfully Simple* solution.

Program Design Integration

Take control of your programs. Being able to manage your health and wellness programs when you need to is important. FitLyfe 360 gives you full control over all your wellness programs in one single location. Our platform gives you the ability to manage the following:

- Program Integration Module (PIM), which allows you to manage your programs
- FitDoc (Patent Pending) Libraries
- Profiled Content Management
- Link and Document Management
- Health Education Library
- Healthy Recipe Library
- Program Status Dashboard
- FitAlert Reminders and Program Communication
- Message Center
- Wellness Calendar Management
- Program Promotions
- Customizable Program Marketing Communications Templates (Posters, Flyers, Emails)

Single Tenant Configuration

FitLyfe 360 comes with the flexibility to allow configurations such as:

- Customization and flexibility
- Unique URL
- Ability to bring in your own vendor solutions or choose preferred partners
- Modular based, plug and play functionality

Incentive Management

It pays to be healthy. We offer financial and point-based incentives to participants based on biometric health results and program participation. Incentives can help drive participation up for your wellness programs. ACA and HIPAA compliant, reasonably alternative standard administration and tracking is also provided. We process the following



The screenshot displays a user dashboard for John Smith. At the top, there's a navigation bar with icons for Account Information, Program Preferences, and Notifications. Below this, a grid of tiles includes a Wellness Calendar, HRA Results, and Health Plan. A central video player shows a yoga session titled 'Yoga on the Beach: Method Overview'. To the right, a 'HEALTH POINTS' section shows a progress bar for 'Year to Date Points' at 2410 out of 9000, with 'Available Points' at 3612. At the bottom, a 'Featured Recipe' for 'Mandarin and Banana Fruit Salad with Low Fat Marshmallow Dip' is displayed.



User completes a biometric screening



User uploads screening form directly to the platform



User earns incentives for good health

financial and point-based incentives to participants based on biometric health results and program participation. Incentives can help drive participation up for your wellness programs. ACA and HIPAA compliant, reasonably alternative standard administration and tracking is also provided. We process the following incentives:

- **Activity-based incentives** - will be earned when users participate or complete an activity related to a health factor. This does not require an individual to attain or maintain a specific health outcome that is medically measured. An example of this includes walking, diet or exercise programs.
- **Outcome-based incentives** - are earned when the user attains a specific health outcome (such as not smoking or attaining certain results on biometric screenings). An example of this would be measuring test results for a biometric screening against the healthy range. Participants within the healthy range would receive an incentive and those not in the healthy range would be required to take additional steps to improvement to receive the same reward or incentive.
- **Centralized Health Points** - is an incentive management program integrated within the platform. Members receive points based on activity related outcomes such as completing the fitness challenge. Program points can be imported from any wellness program vendor. Users can redeem points for prizes and administrators can set the point value of each program upon completion.

Health Screening Management Biometric Screening

Biometric screenings are necessary for identifying the health risks of your population. We turn biometrics into valuable information which gives participants the information they need to improve their health all while maintaining the privacy of each participant. With the FitLyfe 360 Platform participants can complete their biometric screening by:

- **Real-time physician form processing with FitDoc** (Patent Pending) - participants can print a pre-populated form from the platform to

“We aggregate the data to generate specialized reports so you can identify opportunities for improvement amongst your participants.”

take with them to their doctor visit and once the form is complete they can send the form directly to FitLyfe for real-time processing.

- **Health Clinic/Lab Visits** - FitLyfe utilizes a national network of labs and pharmacies, where users can schedule their screening times and find the nearest location to them.
- **Onsite screenings** - go ahead and use your own screening vendor or take advantage of FitLyfe's network of medical professionals to conduct on-site screening programs, the choice is always yours.



Tobacco Certification Tool

FitLyfe 360 Platforms allows for users to simply certify as tobacco-free or tobacco users. Users will receive incentives based on their outcomes. Tobacco users will be presented with the option to utilize a smoking cessation program to quit smoking. FitLyfe processes the tobacco certification data seamlessly, there is no need for you to piece together the data yourself.

Alternative Standard Data

Users who have not met the healthy standard for any area of their biometric screening can still receive an incentive if they complete an alternative standard. An example of an alternative standard program would be a tobacco cessation or weight loss program. We maintain the data we receive from these vendor programs giving you the reports you need to assess the program's effectiveness.

Integrated Health Risk Assessment & Wellness Score

FitLyfe's integrated Health Risk Assessment (HRA) is a great place for participants to start to familiarize themselves with their health. Once the HRA is completed by the participant they will receive a wellness score along with a customized report that breaks down their current health in more detail.

Personalized Care Coordination & Coaching

FitLyfe 360's automated clinical intelligence (CI) and personalized care management technology provides users with a "personal health path" to manage chronic conditions and proactively prevent future health risks through recommended screenings. Member specific data is utilized to create an actionable care plan and recommendations based on health risks. Educating

FitLyfe 360 Highlights

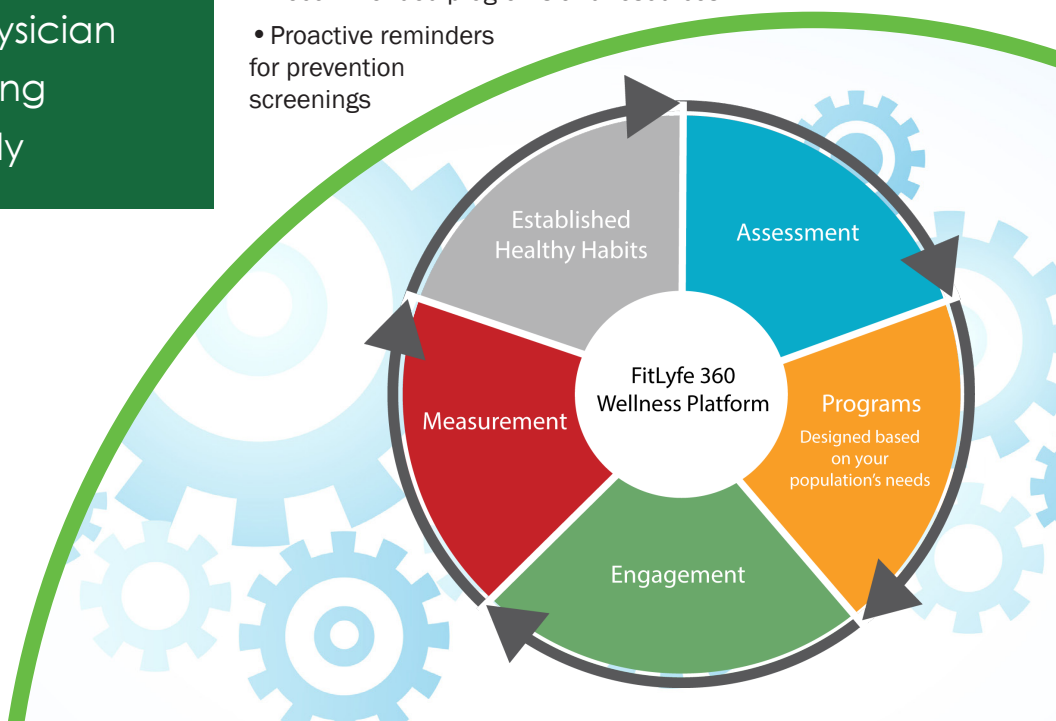
- Full HIPAA compliance and HITRUST certified
- Full Administrative Console
- SSO and Secure Identity Management
- Integration with Program Vendors
- FitDoc (Patent Pending) Real-time physician form processing
- Mobile friendly

and empowering users to take responsibility for their health and providing an "at your fingertips" tool is key. Also, CI is designed to improve the efficiency and effectiveness of care management through a private respectful forum versus an outreach by a nurse which has had very low engagement and success. The result is better managed health and reduced healthcare spending on specific conditions.

User Dashboards

The user dashboards give employees an easy way to navigate to all of their health benefit programs from one single place. The dashboard offers the user:

- Full visibility to all active programs
- Incentive reporting including spouse and dependents
- Personal Health Goal
- Profiled content
- Recommended programs and resources
- Proactive reminders for prevention screenings



“FitLyfe 360 features administrative accessibility so you can manage user roles, programs and content when you need to.”

Data Hub

Being able to manage all of your aggregated data in one place is achievable with FitLyfe 360, we securely house the following types of data within the private platform:

- Health Risk Assessment (HRA) data
- Medical and Rx Claims Data
- Eligibility Data
- Biometric Data
- Fitness Challenge Data
- Incentive Data
- Program Points
- Absenteeism Data

Data Analytics & Insights

We eliminate the daunting task of having to piece together data. We aggregate the data to generate specialized reports so you can identify opportunities for improvement amongst your participants. Reports are always available online in the platform, you do not have to wait for an account manager to run the reports for you. Reports include:

- Real time program participation and progress reports
- Biometric Screening reports

- Year-over-Year Population Trend Reports
- Dynamic Custom Reports
- Comprehensive report to tie biometric data, absenteeism, and HRA data together

Contact Us

Visit us at www.gofitlyfe.com

Like us on Facebook and follow us on Twitter! For more information or to schedule a demo call us at 1-847-781-0800.



Scan the QR code to visit our website and learn more about FitLyfe 360 Private Platform at:
<http://www.gofitlyfe.com/Wellness-Platform>



See What Our Users Have to Say About Our Solutions

“FitLyfe 360 Wellness Platform put my wellness programs on the right track. It was absolutely incredible to see where I was lacking in my programs. I was able to fill in the gaps without having to guess. Best of all it has kept employees engaged.”

-Felicia N., Wellness Program Manager

“The FitLyfe Fitness Challenge is a great way for me to get my employees up and moving. My employees love it; their spouses love it and frankly, I love it. This year, it looks like IT is the team to beat.”

-Harry L., Managing Director

“The FitLyfe 360 gave me all the tools I need to manage my hypertension. Without it I may have never known that I suffer from hypertension. FitLyfe 360 helped me address my health issue sooner rather than later.”

-Belinda J., Senior Financial Analyst

“When I signed up for the FitLyfe Challenge, I thought, I really do not think I can do 10,000 steps, however, I want to make a difference and get involved. So I signed up to do 30 minutes of walking 4 times a week and to date I have done it and have walked most days 50 to 60 minutes. Trust me, I have the blisters to prove it! Last week while on vacation in Colorado I was determined to keep up the walking, and I did! I promised myself that I would do my 30 minutes of walking no matter what. If you really want to do something for yourself you will not matter what. Especially when it comes to our health. So go for it!”

-Sue C., HR Director



Powerfully Simple.

FitLyfe

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