

Wellness solutions as unique  
*as your employees*



# At the forefront of wellness

**Interactive Health** is a pioneer in providing employee wellness programs that lead to sustainable, healthier lifestyles. For over 20 years, we've built a successful track record of driving better employee performance and greater productivity. Today, nearly 2,000 clients nationwide look to our flexible wellness solutions to create a healthier workplace and a healthier bottom line.

## Driving transformational change

At Interactive Health, we're *passionate* about our work, *proud* to be the nation's largest independent provider of employer-sponsored wellness programs, and always *ready* to hit the ground running to make your corporate wellness program a success.

## Wellness solutions so flexible, they fit every need

How much should you invest in corporate wellness? We make the decision easy by providing a full spectrum of wellness services to best match your needs. Whether your objective is to increase health awareness or reward ongoing behavioral improvements, we partner with you to help identify and achieve your goals.

## Personalized wellness works

We begin by testing individuals to detect risk at an early stage, then provide timely interventions to enable lasting health improvements. Through our expert coaching staff and a wide variety of online resources, we achieve industry-leading engagement rates.

It's all part of our *personalized approach to wellness*, and every day we're helping members reach new levels of health and well-being.

## Partnering start to finish

It takes teamwork to create the right environment for wellness success. That's why we're with you every step of the way, providing dedicated teams, custom wellness strategies, easy implementation and ongoing reporting and analytics to help you achieve your wellness program goals.



*"Interactive Health is the best partner we could find to help us with our wellness initiatives and drive us to the next level."*

Director of Total Rewards & Wellness  
Miami Children's Hospital

### Interactive Health is backed by

The National Committee for  
Quality Assurance (NCQA)



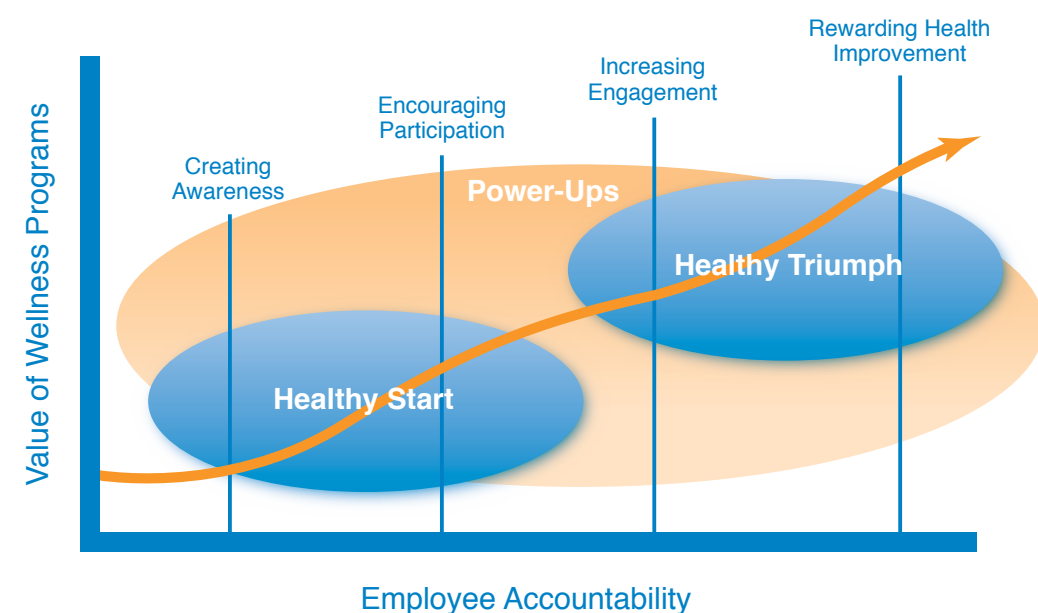
WITH  
PERFORMANCE REPORTING

Our workplace wellness  
solutions have earned the  
exclusive AHA Endorsement



# Which wellness program is right for you?

One-size-fits-all wellness solutions won't get the sustainable results you're looking for. We know flexible, customizable options that best fit your workforce, your culture and your budget will yield lasting results.



## Healthy Start

*Because the first step to wellness is creating awareness*

Healthy Start is the ideal first step if you are searching for ways to positively impact your bottom line while helping your employees attain a brighter and healthier future.

## Healthy Triumph

*More than a game-changer, a life-changer*

Healthy Triumph is a clinically-based, fully-integrated wellness program focused on your employee's total well-being, connecting participants to clinical care and bringing together all elements of your benefit program.

## Power-Ups

*Boosting your program to the max*

Our value-added services are designed to enhance and complement our Healthy Start and Healthy Triumph programs, providing additional opportunities to build a culture of health and well-being within your organization.

## Customizable options make every goal achievable

Choose from a variety of customizable features that enable you to reduce health risks, decrease absenteeism, enhance employee satisfaction and improve your bottom line.

### More features, more services, more success:

-  **Smart Testing:** We identify health risks early through customized testing based on age, gender, health history and lab results, all from a single blood draw.
-  **Unparalleled Health Coaching:** With deep coaching expertise, our health coaches offer timely outreach following a health evaluation.
-  **Personal Health Score and Goal:** Employees receive a detailed report that includes a Personal Health Score and an achievable Personal Health Goal.
-  **Ongoing Management and Onsite Staff:** For more than 20 years, our trained teams have successfully managed worksite wellness programs and helped drive wellness program success.
-  **Ongoing Engagement:** Fun activities and challenges keep employees' health top of mind throughout the year. Our healthy activities can be easily added to our wellness programs.
-  **Connecting Care:** We bring together important support networks — physicians, our health coaches and organization and community resources — empowering participants to take control of their health.
-  **Rewarding for Health Improvement or Participation:** Whether you reward your employees for health improvements, program participation or both, we have the flexibility you need.

Active  ENGINE

Our proprietary, algorithmic-based engine enables our comprehensive wellness and health management solutions. ActiveEngine is the intelligence behind our clinical, data-driven approach to health risk identification, immediate intervention and ongoing engagement.



*"We liked the way that you were able to help our employees on their wellness journey...your process is so efficient."*

Corporate Manager of Compensation and Benefits  
Elkay Manufacturing



# Wellness works: the proof is in the numbers

By consistently providing solutions that go above and beyond expectations, we deliver proven results for organizations just like yours:

- 71% of participants achieve their health goals
- 86% of participants with elevated blood pressure improve their blood pressure
- 65% of participants with elevated glucose reduce their glucose levels
- 20% of smokers quit smoking

## A more productive workforce

In addition to reducing medical costs, our programs have a positive impact on employee absence, injuries and disability. An independent study confirmed these dramatic findings:

Interactive Health clients had a **20% lower medical spend** compared to employers not using the Interactive Health program.

Interactive Health members returned to work sooner than claimants who did not participate in the Interactive Health program:

- **11 days sooner** on average from workers' compensation
- **16.8 days sooner** on average from short-term disability



*"I will continue to recommend Interactive Health because it is such a phenomenal program. They have helped our company tremendously."*

Manager of Compensation and Benefits  
Franciscan Sisters of Chicago Service Corporation

## Ready to join the Healthiest Companies in America?

The Healthiest Companies in America award recognizes a commitment to employee health that is supported by a corporate culture of well-being. Organizations that are among the Healthiest Companies in America have achieved company-wide low health-risk status.

Do you want to become one of the Healthiest Companies in America? Our proven track record can get you there. Contact us:  
[sales@interactivehealthinc.com](mailto:sales@interactivehealthinc.com) or (866) 279-1636



