

# 360

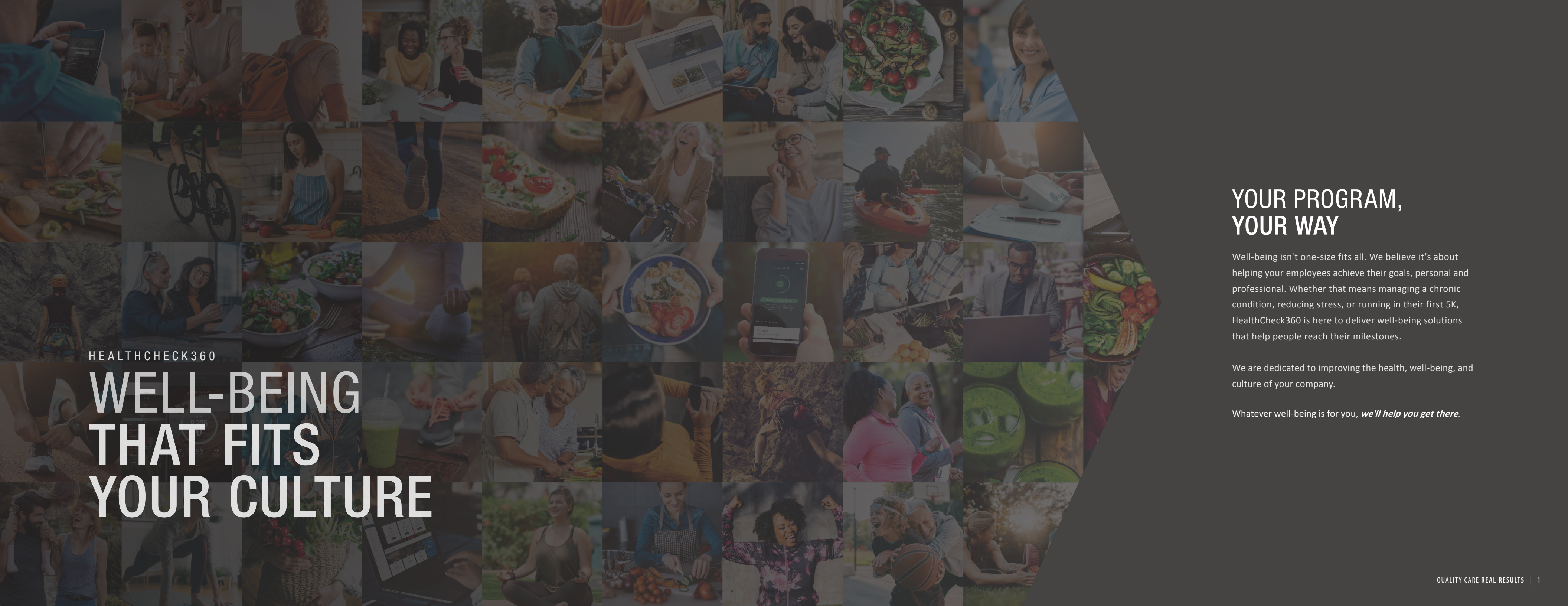
HEALTHCHECK360

QUALITY CARE  
REAL RESULTS



 HealthCheck360





HEALTHCHECK360

# WELL-BEING THAT FITS YOUR CULTURE

## YOUR PROGRAM, YOUR WAY

Well-being isn't one-size fits all. We believe it's about helping your employees achieve their goals, personal and professional. Whether that means managing a chronic condition, reducing stress, or running in their first 5K, HealthCheck360 is here to deliver well-being solutions that help people reach their milestones.

We are dedicated to improving the health, well-being, and culture of your company.

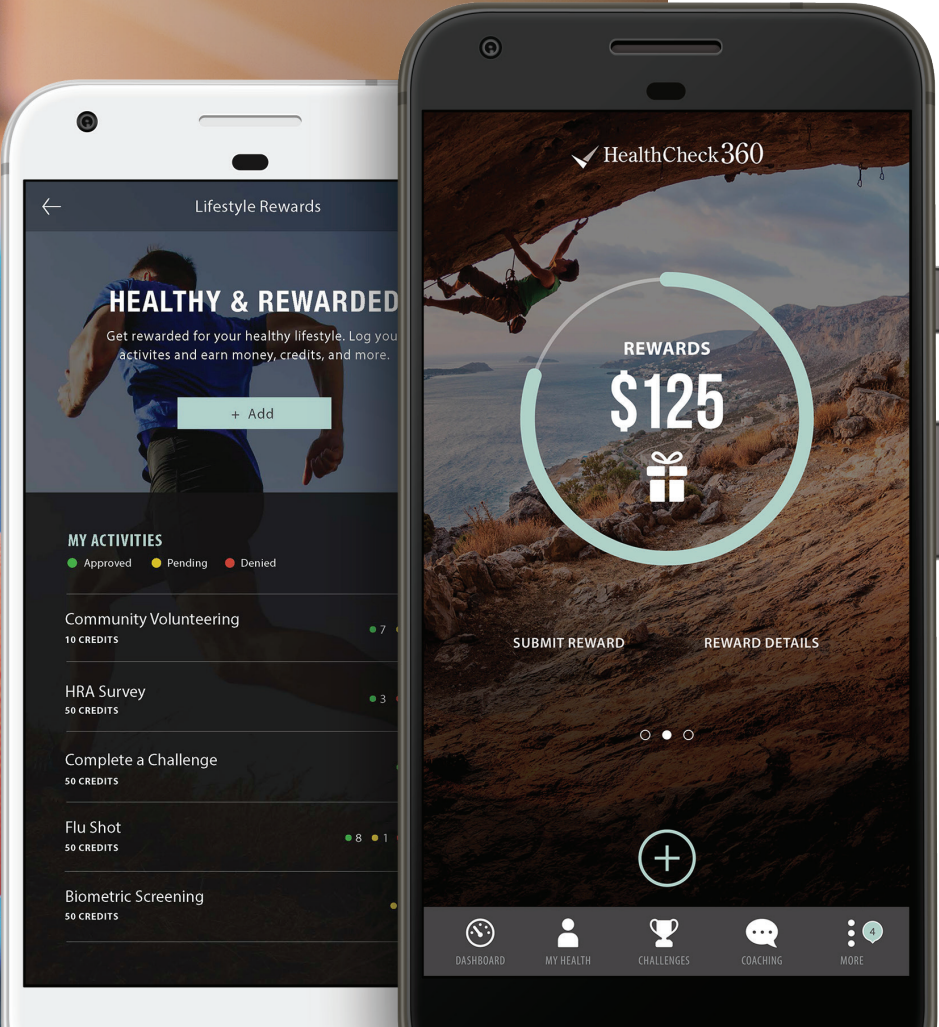
Whatever well-being is for you, *we'll help you get there.*



LIFESTYLE REWARDS

# INTEGRATED WELL-BEING

Engage your employees on their journey with Lifestyle Rewards. Our platform integrates your wellness, benefits, and cultural goals into one holistic program. Users engage with activities and rewards that drive retention, engagement in your company benefits, and activities that support a healthy lifestyle.



## INTEGRATE

Well-being isn't just about physical health or your wellness program. True well-being comes from the mind, body, and spirit. Lifestyle Rewards connects your company's existing well-being offerings like your benefits program, wellness program, and corporate values, all in one place.

## REWARD

Tailor your rewards specifically to your company's culture. Choose the activities, the reward, and the validation process to support good health, camaraderie, and community service to best engage your employees.

## CONVENIENCE

Engagement is easy for both the company and the employee with HealthCheck360's tools. Show users the activities they're eligible for, pre-load points for activities they've already completed, and automatically reward steps, activity, nutrition, and sleep, delivering the ultimate user experience.



## ENGAGEMENT

# WELL-BEING EVERYDAY EVERYWHERE

HealthCheck360 provides you and your participants with resources to be happier and healthier every day. We drive engagement through a combination of outreach and tools to connect with your participants wherever they may be. Through our mobile app, automated trackers, daily rewards, and education, we make it easy for your users to take control of their health.



myHealthCheck360

9:25AM

### Coaching Call Reminder

You have a call with a HealthCheck360 health coach tomorrow.



HEALTHCHECK360 HAS  
SHOWN ME THAT I NOW  
HAVE ALL THE TOOLS AND  
KNOWLEDGE TO MAKE  
THIS A PERMANENT WAY  
OF LIVING.

HEALTHCHECK360 PARTICIPANT

## CONNECT & TRACK

Track everything from nutrition and activity, to glucose and heart health. The myHealthCheck360 app and website are compatible with most fitness tracking apps and devices, including Apple Health, Fitbit, MyFitnessPal, and Garmin – just to name a few. Our technology also supports unconnected devices like blood pressure cuffs and glucometers through use of a smartphone camera.

## PUSH NOTIFICATIONS

Personalized push notifications keep your users connected to what matters most to them. We cheer users on when they hit goals or achieve streaks, let them know when to complete important actions like a survey or screening, and offer support when they need a nudge in the right direction.

## EDUCATION

Your participants receive monthly coaching webinars, wellness newsletters, and emails that educate them on a variety of health topics. We ensure they're getting the support they need with program resources and tools, helping them stay on track with their goals.

## CHALLENGE

Participants stay engaged and motivated with interactive wellness challenges. Turnkey programming keeps the excitement high, implementation easy, and offers accountability for long-term lifestyle changes.



“THE HEALTHCHECK360 SCREENING  
CAUGHT MY CANCER. IF IT WASN'T  
FOR THE SCREENING, NONE OF  
THIS WOULD'VE BEEN DETECTED.

DON | HEALTHCHECK360 PARTICIPANT

## BIOMETRICS WHERE YOU NEED THEM

Empower your employees with knowledge and insight into their personal health through biometric screenings. With easy to understand scoring and flexible testing available, your employees receive an individualized report that shows their current health.

### WORK

On-site screenings are convenient for you and your employees. HealthCheck360 has experience in implementing the best on-site screening services available in the market.

### DOCTOR

Your employees can complete their HealthCheck360 screening with their primary care physician.

### WALK-IN CLINIC

Provide walk-in clinic options for your remote employees or those unavailable for an on-site screening.



## HEALTH COACHING SUPPORT FOR REAL CHANGE

Real behavior change requires personalized attention. The HealthCheck360 Health Coaching team motivates and supports participants in making long-term, sustainable lifestyle changes. Coaches are HealthCheck360 employees with backgrounds in nursing, nutrition, exercise physiology, and health promotion, with certifications in health coaching.

Each coaching experience is personalized to the individual and their wellness goals. Our system combines telephonic, mobile, and online support to reach your participants from the comfort and privacy of their home or workplace.

### OUR COACHING PROGRAMS

- Pre-Diabetic
- Pre-Hypertension
- Resiliency
- Weight Loss
- Nicotine Cessation
- Driver Med Card Renewal
- Custom Coaching

“HAVING MY COACH WITH  
ME IN THIS JOURNEY  
MOTIVATED AND GAVE ME  
THE ASSURANCE I NEEDED  
TO KNOW I WASN'T ALONE.

HEALTHCHECK360 PARTICIPANT





CHRONIC CONDITION MANAGEMENT  
TECHNOLOGY FOCUSED  
COMPLIANCE

The HealthCheck360 Condition Management program seamlessly integrates wellness and medical management so your participants have a one-stop resource. Our team educates each member on why compliance with clinical recommendations is essential to good health and preventing complications.

CARE MADE SIMPLE

We make it easy for members to understand and manage their medical condition. Users see the care items required for their individualized treatment plan and their progress against meeting those recommendations, making it easier to navigate complex conditions.

PERSONALIZED NOTIFICATIONS

Compliance with medications and recommended treatment is important to managing chronic conditions. Users receive personalized notifications when they have actions due, ultimately closing gaps in care.

CONDITIONS WE MANAGE

- Diabetes
  - Hypertension
  - Coronary Artery Disease
  - Heart Failure
- High Cholesterol
  - Asthma
  - COPD
  - Chronic Kidney Disease



PROGRAM INFO

Users see details related to their specific program and incentives.



TRACK PROGRESS

Keep track of health tasks and program completion.


REQUEST A CALL

Schedule a call with a nurse to receive personal support.

TO DO LIST

Get a personalized list of completed, upcoming, and past due actions, ultimately closing gaps in care.



A smiling woman with long brown hair and black-rimmed glasses is talking on a silver smartphone. She is wearing a light blue denim button-down shirt and a beaded bracelet on her left wrist. The background is a blurred indoor setting.

## MEMBER ADVOCACY

# GUIDANCE AND SUPPORT FOR YOUR EMPLOYEES

Our team of experts are available to answer member questions and help them navigate their benefits. We provide a single point of contact for concierge-style member services for:

- Administrative support
- Benefit education and claims advocacy
- Healthcare system referrals

**20%**  
OF  
DIAGNOSES  
BY PRIMARY CARE  
PHYSICIANS ARE  
INCORRECT

## CLINICAL ADVOCACY

# NAVIGATING THE HEALTHCARE SYSTEM

The healthcare system is complex. Studies suggest that 20% of diagnoses by primary care physicians are incorrect. Among those diagnosed correctly, only 50% receive recommended, evidence-based care. With more than 90% of admissions being for elective procedures, education is important. Typically, 30% of members choose less invasive or complex procedures when advocacy is used.

Knowing treatment options and having the right information is crucial for your members. The choice is theirs – we support them in making an informed decision.

### Advocacy helps members:

- Learn about their health and understand their health conditions
- Understand the pros and cons of different treatment options
- Have informed conversations with their healthcare provider
- Identify in-network facilities that provide highest quality of treatment



## CASE MANAGEMENT DELIVERING PERSONAL CARE

Our Case Management program is a collaborative process that assesses, plans, implements, coordinates, monitors, and evaluates options and services for complex cases. Members have a dedicated clinician to assist with coordination of care from start to finish.

### We assist with all levels of care including:

- Catastrophic and complex medical needs
- Pre-certifications
- Care coordination
- Communication of all available resources, such as EAP or unique employer-sponsored benefits to promote quality, cost-effective outcomes
- Education on benefits, treatment plans, claims questions, and more

## UTILIZATION MANAGEMENT ADVICE FOR A BETTER EXPERIENCE

Utilization Management ensures you're getting the most from your healthcare dollars. Outreach from a dedicated Registered Nurse ensures evidence-based, clinical guidelines are applied to each request.

### Pre-Procedure:

- Evaluate medical necessity, appropriateness and efficiency of healthcare services, procedures, and facilities
- Review of health plan coverage
- Includes prospective, current, and reflective review

### Post-Procedure:

- Assess success of the discharge plan and evaluate any follow-up needs
- Verify medication adherence
- Ensure follow-up appointments are in place
- Serve as a resource for questions
- Evaluate risk for readmission

“MY NURSE WAS TRULY A  
GODSEND. SHE HELPED ME  
THROUGH MY ENTIRE CANCER  
EXPERIENCE. I TRULY THANK  
HER FOR HER SUPPORT!”

DEBBIE | HEALTHCHECK360 PARTICIPANT



## CONSULTING LET US HANDLE THE DETAILS

We handle the details so you can focus on running your company. You'll get a customized timeline, outlining your entire program so you know what's happening and when. We also provide you with:

### DEDICATED ACCOUNT MANAGEMENT

Our team simplifies the implementation process, guiding you every step of the way to successfully launch your population health management program. As one of the few comprehensive providers in the industry, we offer you a single point of contact for your entire program.

### INCENTIVE DESIGN CONSULTING

We develop programming and incentives based on your company's culture and goals. Whether you're starting with a participatory program, medical management, engagement-based strategies, or outcome-focused programs, we create an incentive design that fits your strategy.

### COMPLIANCE

Our team of experts provide advice and recommendations to ensure your program is compliant with HIPAA, GINA, ACA, and ADA. We remove the administrative burden from your program by managing the Reasonable Alternative Standard (RAS) program.



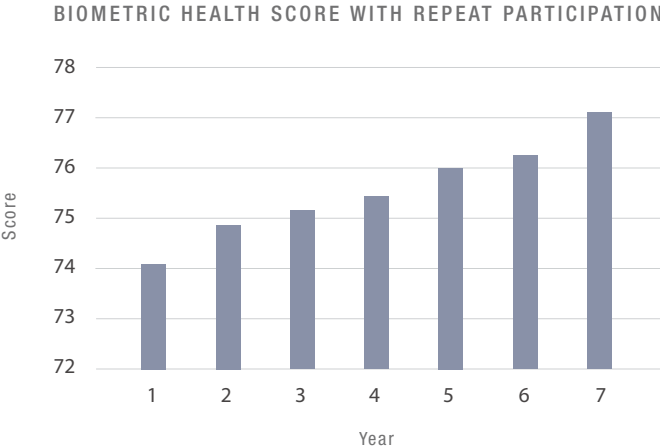


REPORTING

# ESSENTIAL INSIGHT REAL RESULTS

See your progress year-after-year with HealthCheck360 reporting. Get actionable data from simple incentive and aggregate reports, to in-depth analysis of the correlation with medical or workers' compensation claims.

Our team incorporates all of your program data to develop a customized executive review. This consultative session helps uncover common risks in your population as well as program and engagement opportunities that will improve health and cut costs.







## DEDICATED TEAM DELIVERING WHAT WORKS

The HealthCheck360 team supports you in improving overall well-being and we're passionate about changing lives. From high-level program strategy, to individual calls with members, we move our members forward on their health journey.

We know what it takes to see true health improvement. That's why we're proud to work with employers and their employees, as well as consultants and third party administrators to deliver integrated services. When our members are healthy, we all win.

### LET'S TALK

Your company is unique. We work with you to create a health management strategy that protects what really matters: the health and well-being of your people. Contact us to talk about your program.



