

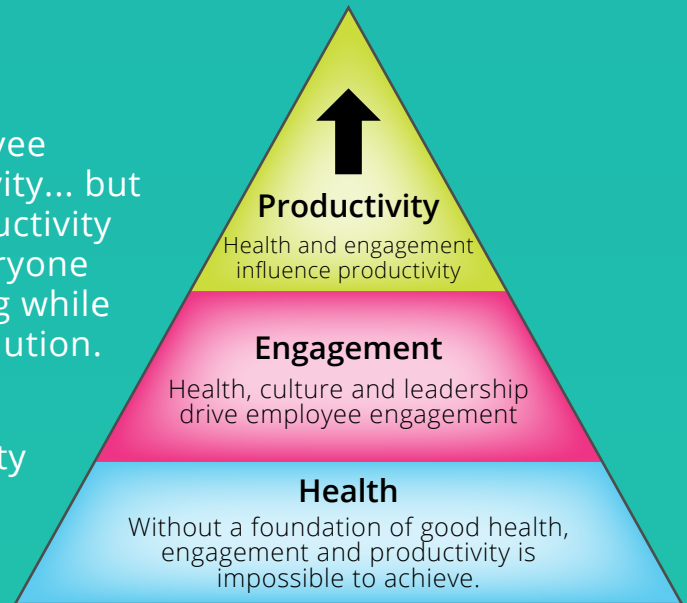
# Complete Health Program

CoreHealth is pioneering a new approach to employee health, engagement and productivity through a holistic, person-centric health model called the Complete Health Program (CHP). If you provide workplace well-being, health, productivity, absence, leave and disability solutions, then CHP is for you!

## ‘The Why’ for CHP

Organizations have traditionally measured employee engagement separately from health and productivity... but why? If employees are healthy and engaged, productivity necessarily improves, organizations grow and everyone wins! CHP addresses an employee's total wellbeing while breaking down these barriers with ONE unified solution.

CHP integrates employee health and wellness, health risk, chronic disease prevention, productivity and engagement with readiness for change, psychographics and personalized programming to help employees achieve holistic wellbeing.



## About CHP

CHP is turn-key so it provides ease-of-use for program administrators while delivering an engaging, personalized user experience that includes these methodologies:

- Physical and Psychological health risk, using wearable technology.
- Health and work performance questionnaire developed by Harvard University and WHO.
- Employee Engagement, utilizing an employee engagement survey by Joyous to provide metrics.
- Relevant supportive digital programming based upon health assessment outcomes.
- Real-time Executive Dashboards so management can track the 'pulse of their people'.

## CHP's Journey to Total Wellbeing

### STAGE 1 - Start Your Journey to Your Best Self

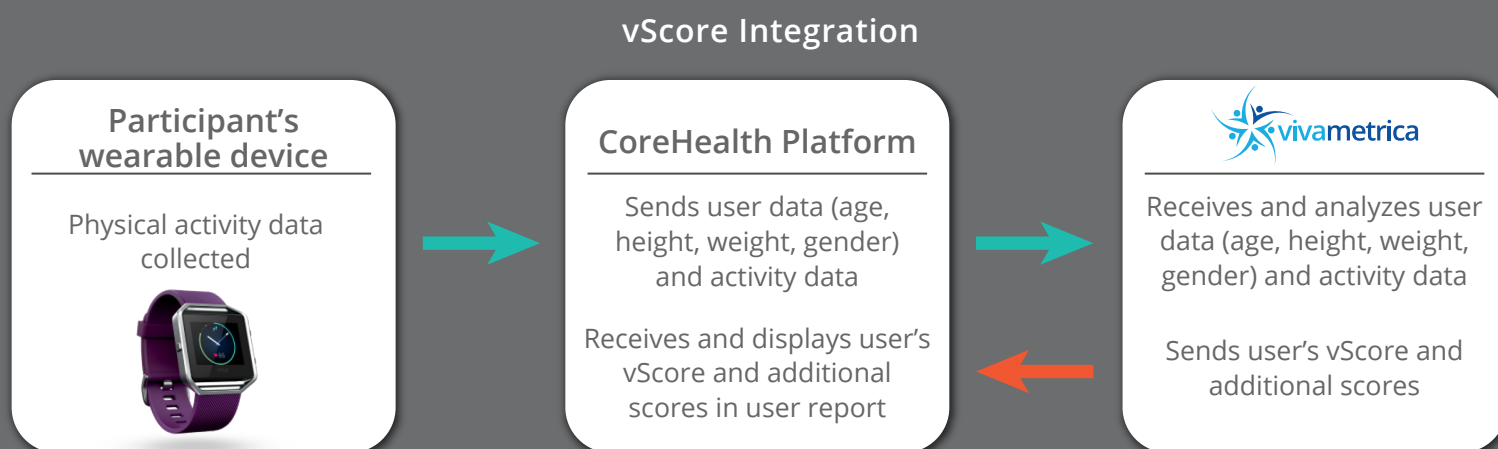
- Getting to Know Us** – Participants watch a short introductory video to learn about the program.
- Tell Us About Yourself** – Participants choose their communication preferences and share what makes them 'tick' so the platform can provide personalized and relevant programs.
- Get Connected** – Participants connect their wearable device to the platform and live their lives as they always do for 7 days. This provides a beginning benchmark and the foundation for what's to come.

## STAGE 2 - What's Your Work 'Why'?

- ▀ **Keeping Our Work Fun** – Participants complete a health, work performance and employee engagement\* questionnaire to help organizations learn who's engaged at work, providing the foundation to develop the action plan.
- ▀ **Help Us Be the Best** – Participants answer questions about what keeps them energized and engaged at work.

## STAGE 3 - Quantifying Me

- ▀ **Why a vScore?** – vScore is a game-changing risk calculation that automatically uses the 7 days of activity data tracked via the participant's device. Participants answer a few simple questions that are combined with their activity data to determine their personal vScore. The vScore is provided by CoreHealth network partner Vivametrica.
- ▀ **Your vScore Unveiled** – Participants learn important insights about their health based on age, height, weight, gender and activity with a total overall health vScore.



## STAGE 4 - Getting to the Next Level

- ▀ **Pick Your Next Big Thing** – Based on participant preferences and vScore they are invited to participate in digital lifestyle programs which address mental health, resiliency, relationships, and financial health among others.

## STAGE 5 - Who Are the Champions?

- ▀ Participants complete the health and work performance and employee engagement questionnaires again which are then compared to the benchmarks determined in Stage 2 to gauge progress and results.

# Organizations are People Powered

## EmPower your People with CoreHealth's CHP!



\* Employee Engagement refers to when people are enthusiastic about their work and workplace, they will put in greater effort in their job, resulting in higher productivity.