

Health & Wellness

In the U.S., the popularity of employer wellness initiatives has exploded, and with good reason:

- 50 percent of the population's healthcare coverage comes from employers
- The nation's total annual healthcare expenditures exceed \$3 trillion
- The average employer shoulders between 72-83 percent of total healthcare or premium costs

It's easy to see why any employer would want to manage their healthcare expenses and risks by encouraging workers to live healthier lifestyles – and why most companies now offer some type of wellness program. The challenge: Only 20 percent of eligible employees are actively engaged in their organization's health and wellness initiative.

O'Brien Programs Get People Moving

Our health and wellness tools increase your program engagement and help employees live healthier with:

- Video-based healthy living content available anytime, anywhere
- Individual incentives to drive active participation
- A proprietary platform to track, recognize and reward employees as they change behaviors and improve their health

O'Brien drives your wellness program engagement to help you manage healthcare costs and encourage your employees to live healthy.

WellBeingPlus

Companies with highly engaged employees generate higher profitability, enjoy greater customer loyalty and hold a distinct productivity advantage over their competitors. O'Brien believes that engagement requires a holistic approach, connecting employees to the organization both intellectually and emotionally. We call it WellBeingPlus, and it is core to all of our employee engagement programs.

The Right Tools to Engage Employees ...

EngagementLINK



Proprietary Platform to Recognize and Reward

EngagementLINK is our proprietary platform to drive participation. With EngagementLINK you can:

- Operate incentives and promotions to maintain activity
- Track and report performance to keep employees engaged
- Recognize successes with electronic recognition cards from their peers
- Show them how important wellness is with manager and executive recognition tools
- Fulfill rewards from our millions of options

Wellnes Content to Teach and Engage

Our Yo-Fi Wellness content lets employees engage on their own terms. Your employees can view over 700 wellness videos on living a healthy lifestyle, with more content added quarterly. Topics Include:

- Exercise
- Healthy eating and cooking
- Stress reduction
- Relaxation
- Sleep

Participants can connect their latest fitness wearables to our platform to track performance and even incent active participation.



EngagementLINK

