

# Making a Healthy Culture Simple

Mobile Health makes it simple to reduce health risks. We can quickly and easily curate healthcare technology and programs to come together to drive engagement with healthy habits that lead to lower healthcare costs.

Companies invest heavily in healthcare benefits for their people, but many of those benefits can be complicated to understand, don't always work together, or go unused. As a result, people struggle on their wellbeing journeys, and companies struggle with rising healthcare costs. Everybody's at risk.

The stress of COVID-19 changes to the workforce have employees struggling with mental health and anxiety. Also, many employees are ignoring chronic health conditions, not visiting doctors for routine care, and self-medicating in unhealthy ways. As a result, there's likely to be a second wave of non-COVID-19-related health issues that surface after we "get back to normal."

For employers confronting this avalanche of health risks and cost drivers, solutions seem difficult. However, wellbeing in the workplace can be easy with Mobile Health.

## Your Simple Solution for Employee Wellbeing

Mobile Health is the only 100% organic solution that addresses the entire breadth of health and wellbeing issues — from improving daily habits and driving prevention to identifying and closing gaps in care to helping you manage chronic illnesses. Our approach is rooted in behavioral science and creates an impactful, personalized, and engaging experience across all aspects of health and wellbeing:



Physical



Emotional



Social



Career



Financial

You'll see health and wellbeing program engagement soar as employees adopt better, healthier behaviors.

### Mobile Health: By the Numbers

78%

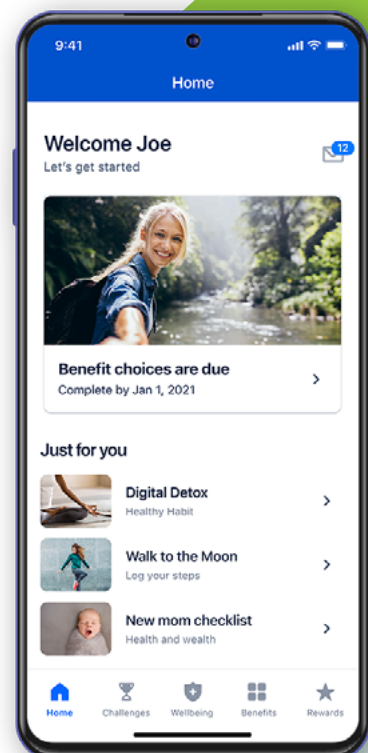
average  
engagement

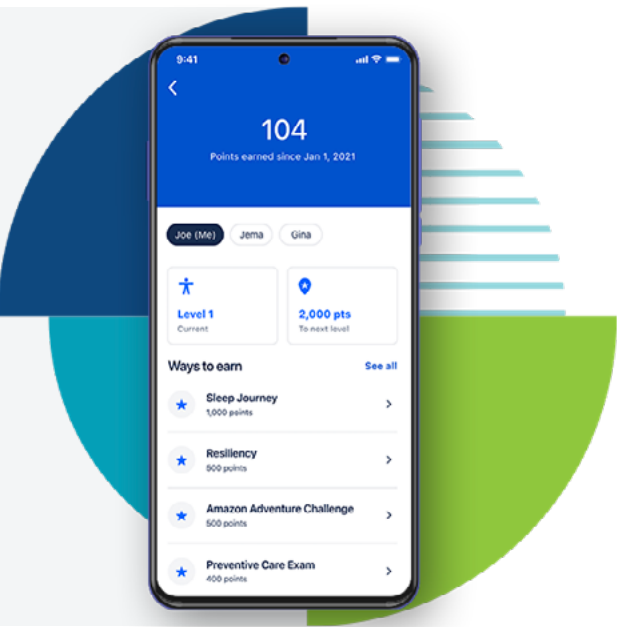
3 million+

members

30,000+

customers





## Digital Health and Wellbeing Solutions

Our digital health and wellbeing technology focuses on bringing together these solutions in one location:

### Digital Health:

Making healthcare readily available with the touch of a button

### Wellbeing Programs and Challenges:

Building healthy habits with team and peer-to-peer challenges

### Benefits Management:

Providing a one-stop shop to access everything included in a benefits package

### Personalized Communication:

Delivering personalized, targeted communications and education

### Rewards and Incentives:

Designing incentive programs that actually support behavior change

### Analytics:

Producing real-time, aggregated dashboards and reports to inform business decisions

## Simple and Effective

Your job is tough. Health and wellbeing is extremely personal and things change all the time. We make a culture of health simple with our low-code and highly configurable solutions. Mobile Health supports your programs the way you want them designed rather than forcing your programs to fit our environment. You benefit because we make it easy in lots of ways:

- Fast implementation
- On-demand changes
- Integration with third-party vendors
- Uniquely branded platform and communications
- Clinical engagement
- Flexible incentive structures
- No size restrictions
- Unlimited scalability
- Low cost



## Real Results: Engagement and ROI

# 90%

engagement in wellbeing programs when following best practices

# 4X

engagement increase in usage of programs and preventative care

# \$2,039

per employee in reduced costs (on average) by driving care management program engagement

Mobile Health makes it simple to reduce your risks and create healthy cultures.

Learn more at [mobilehealthconsumer.com](https://mobilehealthconsumer.com).