



**Small Group**

# **Wellbeing for all is now within reach.**

See how Vitalize<sup>SM</sup> can help  
you care for your team – and your business.



**Right here.  
For you.**





## **Let's empower your team to take control of their health.**

Western New Yorkers work hard. That's why accessing the resources needed for all aspects of health should be easy. At Univera Healthcare, we're here to provide technology that empowers your teams to take control of their health. We're talking about tools for engagement, rewards for prioritizing a healthier lifestyle, and support for overall health and wellness.

It's a different approach to caring for your workforce and ensuring better health and financial outcomes. Because that's exactly what your business deserves.

# Meet Vitalize, a digital platform that places the power to live better at Western New Yorkers' fingertips.

Our partnership with Virgin Pulse will give employees the tools to make small, everyday changes to their wellbeing that are focused on the area they want to improve the most. They'll build healthy habits, have fun with friends, and experience the lifelong rewards of better health and wellbeing.

## Within Vitalize, employees will have the ability to:



Connect a fitness tracker so they can log activity and watch for small improvements over time.



See a clear picture of their health with a certified Health Risk Assessment called Health Check.



Set their interests by choosing to work on an area that matters the most to them, like eating habits, sleep, physical activity, relationships, or finances.



Add friends and family, connecting with up to 10 others to help encourage and motivate one another.



Rally coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.



Use the digital coaching tool to make simple changes to their health, one small step at a time.

**Vitalize will be available to employees through the Virgin Pulse mobile app and web browser.**

\* Embedded for all Small Group plans.

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Univera Healthcare.



# Reward your team for living well.

Health is meant to be rewarding. That’s why Vitalize offers a comprehensive reward program designed to provide employees with helpful incentives for getting and staying healthy.



Vitalize Rewards	
Features	
Annual Rewards	\$400
Health Risk Assessment (Health Check)	✓
Health Risk Assessment (Health Check) Reward	\$25
Journeys® Digital Coaching	✓
Daily Cards	✓
Healthy Habits	✓
Challenges	✓
Fitness & Sleep Tracking	✓
Media Library	✓

Annual rewards are embedded for all Small Group plans. The total reflects the amount that can be earned for subscriber and spouse or domestic partner contract.



## Earning rewards is easy.

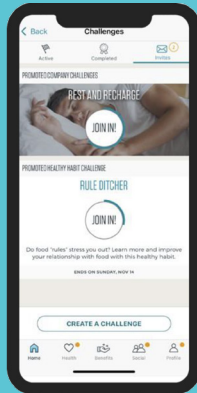
Rewards are a combination of a points and levels game structure with the addition of specific action rewards. The action reward can be earned by completing the Health Risk Assessment (Health Check). This setup allows employees to focus on a few specific actions to earn a reward and will also give them a game experience of working through levels.

Employees will start by registering and setting up their online account for points. As they complete healthy activities such as step tracking, Journeys, and Daily Cards, they'll move through levels and continue earning points. When they reach milestone levels, they'll unlock Pulse Cash rewards that they can redeem for gift cards and merchandise.



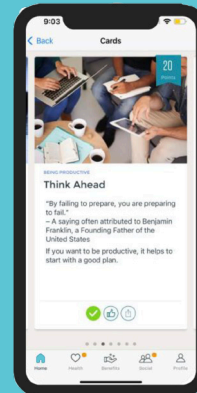
# Dedicated to meeting your employees' mental and emotional health needs

With Vitalize, your employees will have the resources, content and tools that support their unique needs around anxiety, depression and stress reduction.



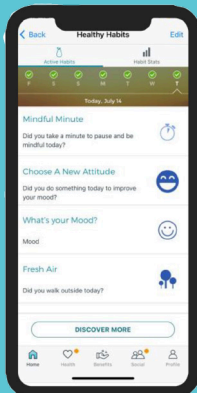
## Daily Tips & Healthy Habits

Supports successful behavioral health changes and resilience by prompting members to make small but daily changes in their lifestyle.



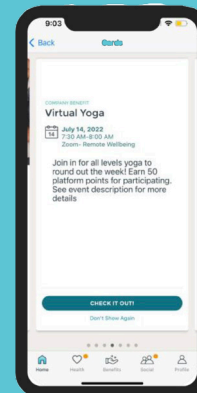
## Digital Coaching Journeys

Each Journey breaks a key behavior or a larger goal into smaller achievable steps, helping people improve their health literacy and form new habits as they go.



## Personal Spotlight Challenges

Peer to peer challenges to drive improved habits across all aspects of wellbeing. Supportive group competition that goes beyond activity-based challenges focusing on mental wellbeing. Includes enhanced participant onboarding, rich educational content to improve health literacy, and immediate access to resources.



## Media Library

A new and immersive experience building on our purpose-driven content. No matter where members are in their journey, this is a one-stop destination to help excite and engage them to reach their health & wellbeing goals. Mental wellbeing topics like mindful eating, nighttime anxiety, and more are covered.





# Go with a proven approach to employee wellness.

From better health outcomes and reduced absenteeism to cost reductions, Vitalize delivers big benefits for businesses and employees.\*



of members reported **decreased stress levels**, critical for mental health



of high-risk hypertensive members **reduced blood pressure**



of members **improved clinical health metrics** across BMI, blood sugar levels, and blood pressure



of member respondents have **developed more positive daily habits**



of members **are more effective in their role at work**



**reduction in absenteeism**

\$1,029

per member average claims cost reduction

\*2018-2023 data provided by Virgin Pulse



**See what having wellbeing for all, all in one place, can mean for your business and your employees.**

**To learn more about how Vitalize can support your employees, talk to your broker or Univera Healthcare account manager today.**

