

Global health engagement platform

Inspire and motivate healthier habits



Help employees take charge of their health

Employees are embracing technology as a way to make their lives easier, connect with others, improve health and wellbeing — and have fun in the process. That's why it's so important to provide a health engagement platform that is truly engaging.

Our solution puts users in charge of managing their health with a personalised digital experience. It's easily accessed by smartphone or online, in a variety of languages from anywhere in the world.

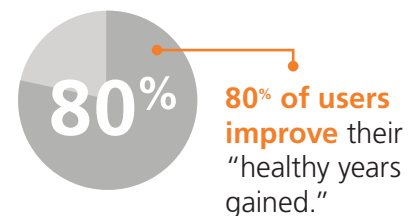
Dynamic health tracking

Our platform combines our clinical programmes and engagement expertise with mobile technologies, social networking and gamification.

It all starts with a Health Score: one number ranging from 1 (low) to 1000 (high) that measures the current health and wellbeing of an individual. The number is dynamic, meaning it may change based on current biometrics, emotional state and other inputs.

When tracked over time, a person's Health Score provides insights into how their health and wellbeing is evolving. For employees and their families, this solution can lead to raised awareness and understanding of their overall health and wellbeing, which can lead to better health.

Participants also get personalised feedback to help motivate them to make healthy changes. They can follow and share goals with others within the platform or via social networks such as Facebook and Twitter. They can join groups with similar interests, and take part in online challenges as individuals or as part of a team.



The average increase in **years gained is 2.5.**¹

Available in 10 languages:

Brazilian Portuguese
Dutch
English
French
German
Italian
Japanese
Korean
Russian
Spanish
(Polish and Chinese in 2017)

Users can track activities on their smartphones and connect to devices and apps such as smart watches and scales, as well as activity, heart rate and blood pressure trackers.

Inspire employees and their families to take charge of their health:

- Real time individual health score
- Personalised goal setting and tracking
- Individual and group challenges
- Digital health coaching
- Online social groups
- Access by smartphone, tablet and laptop
- Integration with apps and tracking devices

Timely reports on the health of your organization

Just as individuals get real-time information on their health, employers can access de-identified, consolidated reports using the online reporting tool.

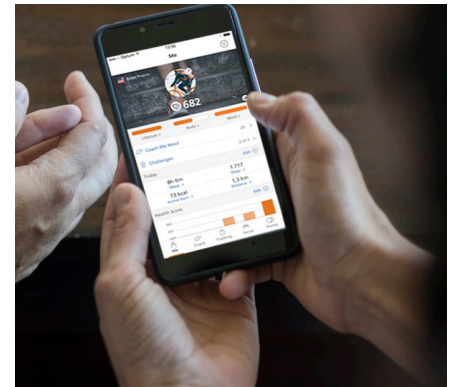
This next-generation digital health experience can improve the health of a company in a variety of ways, including:

- Reduced employee health risk
- Improved employee productivity
- Increased engagement with health and wellness programmes
- Increased employee satisfaction

Easy to get up and running

Our interface complements any wellness programme, and seamlessly integrates with other Optum® products and services that your company may already be using.

Learn how Optum can help you manage your population health, engage your employees and provide a fun and easy-to-use digital health experience.



Research shows?:

- 29.4% lost weight
 - 11.1% reduced blood pressure
 - 9.8% reduced resting heart rate
 - 41.8% reduced the risk of diabetes
 - At the same time, the overall activity level increased by +10%
 - 90% of participants want to do challenges again and team spirit improves
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For more information, contact your Optum representative: call **+44 1865 787384** or email **global@optum.com**

1. AKDresearch of active users, 2011–2014.
2. Source: dacadoo analytics on 67,000 users