

# Connecting with Wellness

**Onlife**<sup>®</sup>  
HEALTH

Let **Onlife Health** take your mobile wellness solution to the next level.

For nearly 20 years, Onlife Health has worked with some of the largest health plans in the nation. We serve over 10 million members across fully-insured, self-insured, and exchange clients.

## [Why Onlife]

### Flexible Solutions

Different markets require different solutions. We provide configurable product bundles that meet the needs of your fully-insured, self-insured, and exchange lines of business. Onlife leverages the power of your brand to provide highly innovative solutions that are engaging, easy-to-use, and impactful for your members.

Onlife Health can easily exchange a wide variety of actionable data with your plan through HIPAA-compliant encrypted feeds and sophisticated real-time data exchanges.

Integration with health management allows you to maintain efficient and effective care coordination with your members. By collaboratively sharing actionable and timely data with our clients, we support a seamless member experience.

Onlife makes onboarding effortless. By utilizing identifiers within group and member data, we create customized product bundles for your clients, sub-groups, and members.



GARMIN<sup>®</sup>

fitbug

BODYMEDIA<sup>®</sup>

JAWBONE<sup>®</sup>



fitbit

and many more...

[Engagement through Choice]

## We're in the age of the quantified self

Exercise is the most powerful medicine you can prescribe for better health, and it's never been easier to measure and reward your members for meeting their exercise goals. Fitness devices and mobile apps get people involved in their health in ways that are fun, engaging, and long lasting.

Our extensive device and app marketplace maximizes this explosion in exercise technology, and keeps you ahead of your competition while engaging members' personal tastes.

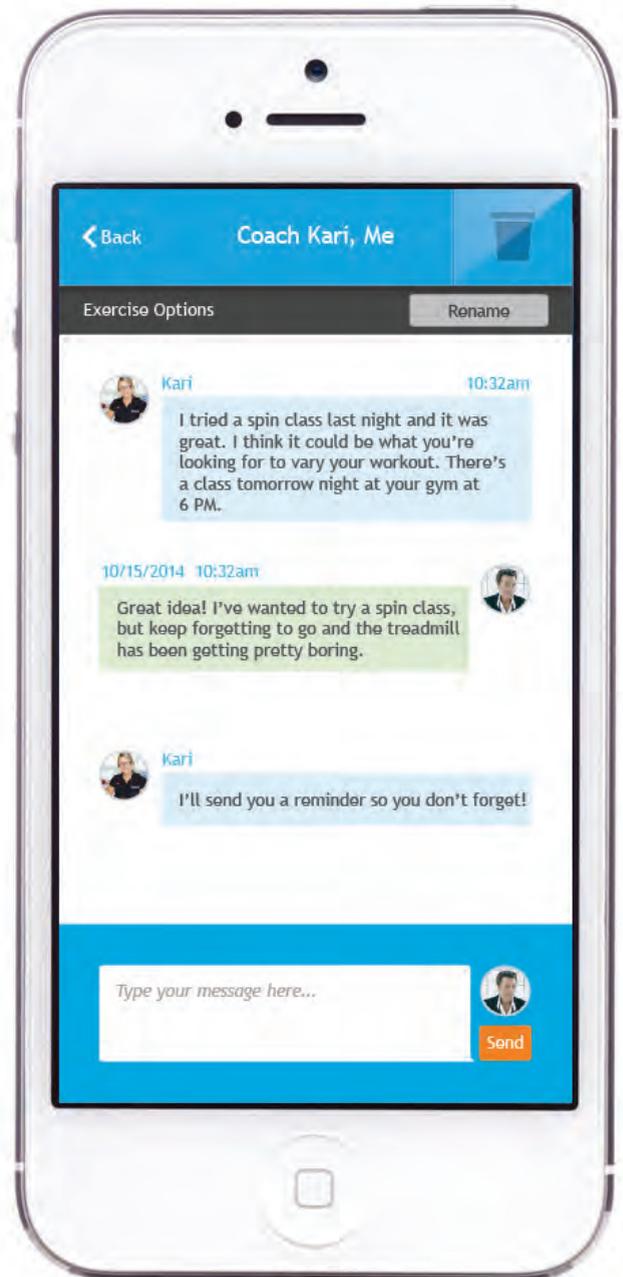
We give members the option to pick their favorite tracker from a frequently growing list of devices and apps from the brands that they already love and trust. This increases member engagement while allowing us to regularly partner with the latest technology so your program will never grow stale.

## Extremely Mobile with AlwaysOn™

The AlwaysOn™ mobile app allows members to stay engaged with your program anytime, anywhere. The central dashboard provides intuitive navigation to key features such as our easy-to-use health assessment, goal tracking, incentive views, health coach messaging, and much more.

Health coaches are critical to helping individuals overcome their barriers and encourage them to constantly challenge themselves. Our mobile platform enables members to easily reach their coach through text-like secure messaging or with a simple click-to-call feature.

Timely encouragement is critical to changing behaviors. Our on-screen notifications, messages, and timely nudges provide the motivation members need to reach their health goals.





## Keeping Members *Engaged*

We offer unique tools for  
getting members engaged ▶

Onlife Health provides the right solution to the right member at the right time, delivering the results you want. Our wellness solutions engage employees in compelling and motivating ways.



Fitness Device and App Integration



Member Web Portal



Mobile App



NCQA Accredited  
Health Assessment



Health Coaching



Biometric Screenings



Mobile and Web Challenges



Incentive Administration  
and Fulfillment



Self-Directed Programs





## Does your plan suffer from vendor management fatigue?

Consolidate your vendors with Onlife Health  
as your comprehensive wellness partner. ▶

Administrating your program has never been easier. We provide the level and amount of support you want, in addition to the tools you need to maximize the effectiveness of the program.

Customizable Product Bundles

Customized Communication Tools

Strategic Program Planning

White-labeled Program Components

Incentive Design and Management

Call Center Operations  
and Infrastructure

Culture of Health  
Worksite Assessment

Account Management

Trend Analysis and Reporting

Tiered Reporting





## [Wellness Your Way]

### Personalized User Experience

Delivering personally relevant tools for messaging, tracking, content, and rewards is key to driving better engagement.

Members may prefer a mobile app to a website, enjoy using a Fitbit® rather than a Garmin®, or want to text a health coach rather than scheduling a phone call. Our solutions are built to provide each member with the flexibility and modalities needed to break through the barriers that exist for each individual.

Personalization creates a solution that keeps members continually engaged with the program long-term, leading to better health results and overall client satisfaction.



Contact **Onlife Health** today to find out how we can take your wellness solution to the next level at **[engage@OnlifeHealth.com](mailto:engage@OnlifeHealth.com)**.





Weight  
Management



Physical  
Activity



Stress  
Management



Tobacco  
Cessation

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