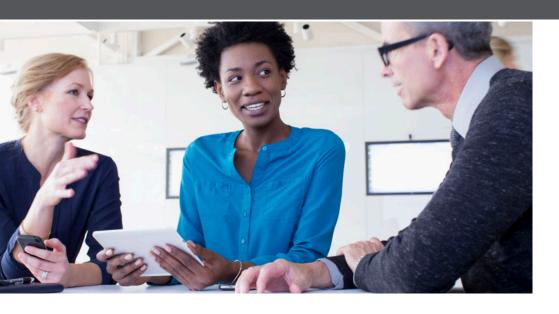


Optum My Wellbeing

Inspire and motivate healthier habits with global health engagement

Corporate Health



My Wellbeing puts people in charge of managing their health with a personalised digital experience.

Easy access by smartphone or laptop

My Wellbeing combines clinical programmes and engagement expertise with mobile technologies, social networking and gamification.

It all starts with a Health Score that measures health and wellbeing. Users get real-time information and personalised feedback to help them make healthy changes. They can follow and share goals with others, join like-minded groups and take part in online challenges.

Gain important insights about the health of your workforce with the online reporting tool. Use this de-identified information to tailor your wellness offerings to support your unique population.

This next-generation digital 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

For more information, contact your Optum representative, call **44 1865 787384** or email **global@optum.com**.

Amongst 67,000 users:*

- 29.4% lost weight
- 11.1% reduced blood pressure
- 9.8% reduced resting heart rate
- 41.8% reduced their risk of diabetes
- The overall activity level increased by +10%
- 90% of participants want to do challenges again

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*dacadoo research on 67,000 users

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