

## 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](mailto:global@optum.com).

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### 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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