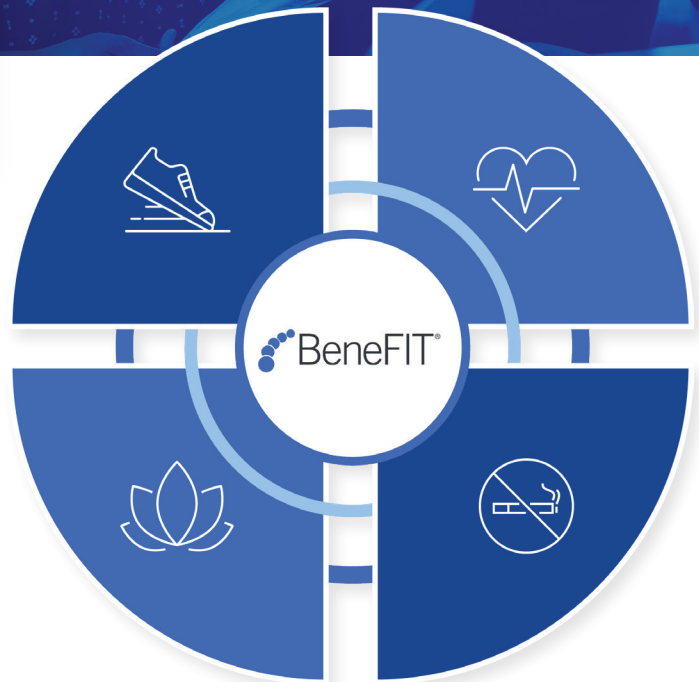


BeneFIT Corporate Wellness

Invest in your employees with a healthy workplace culture

BeneFIT will help your organization build a culture of health using years of experience and proven tools.

Our wellness portfolio is designed for employers who acknowledge employee wellness as a strategic goal. Its offerings address top employee concerns and can be customized for each employer, because we understand that a one-size-fits-all approach does not deliver results. Services can be integrated on our easy-to-use wellness portal, giving employees a smart, flexible environment for empowering their personal path toward well-being.



Why BeneFIT?

- ✓ **Certified professionals** with decades of collective experience
- ✓ **Convenient** wellness portal
- ✓ **Turnkey operation**, allowing employers to focus on their business
- ✓ **Accredited** by the National Committee for Quality Assurance (NCQA)

Visit www.populytics.com/services/corporate-wellness for more information.

Services/Tools

Strategic Wellness Consultation

Talk with our Master Certified and Certified Health Education Specialists for the practical expertise and industry intelligence that will help you identify – and meet – your program goals.

Online Wellness Portal

Our portal simplifies navigation with an integrated, one-stop destination for all health and wellness resources. Mobile-web responsive technology enables access from smartphone, tablet, or PC.

In-House Health Fairs and Biometric Screenings

These events promote employee education and can be effective in early detection of health risks. We customize them to fit your employees' needs and to support your organization's strategy.

Personalized Health and Wellness Coaching

Certified by a nationally accredited program, our Health Coaches aim for sustainable behavior change by working with participants to explore the motivations behind their wellness goals and helping them to create a plan to reach those goals.

BeneQUIT Tobacco Cessation

Using the gold standard of tobacco cessation treatment, our specialists help employees quit for good. With support and affirmation, program participants work through challenges to reach their quit goals.

75% of participants quit for at least 30 days.

“Worth the Weight” Weight Management

Worth the Weight approaches weight management in a new way by creating a supportive environment where participants learn about nutrition and mindful eating to build knowledge, self-awareness, and confidence.

On average, participant confidence related to their ability to manage their weight increased by over 40%.

Wellness Challenges

Challenges provide employees a way to motivate and support each other in well-being activities. We manage participation and incentive tracking so you can focus on your business.

Plus:

- ✓ Expert Speaker Presentations
- ✓ Incentive Management
- ✓ Health Risk Assessment
- ✓ Results Reporting
- ✓ Marketing and Communications
- ✓ Health Affidavit Management