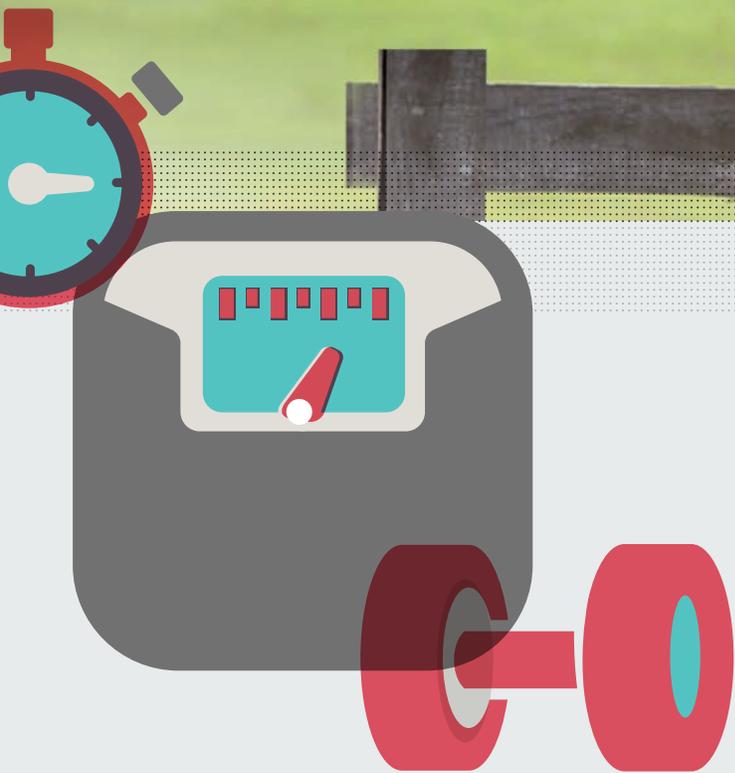


Bringing positive lifestyle choices to the bottom line



Wellness support that works

Most of us are as healthy as we choose to be



A growing number of organizations are trying to answer the fundamental question: How do we change manageable, unhealthy behaviors to healthy, positive lifestyle choices? At E4 Health, our strategy is simple—promote better living from the inside out. We assess behaviors and risks, engage associates, and provide counseling and coaching to help them navigate toward lasting lifestyle improvements.

“

Our EAP behavioral interventions are combined with E4's interactive assessments and our robust wellness initiatives. With our dynamic wellness program, our clients gain another link towards building a full, behavioral health population management solution.”

— Bill Mulcahy, CEO

Consider: 20% of the workforce represents 80% of an organization's healthcare costs. These are the employees who have made lifestyle choices resulting in some form of treatment, from intermittent intervention to ongoing attention, to address a chronic condition. The real challenge is identifying and preemptively addressing those who are trending in this direction. This is the segment of the workforce that hasn't yet added to the growing pile of medical claims but will if their choices and behaviors remain undetected and unattended.

Robust Wellness Initiatives:

- Proactive Outreach Coaching based on risk stratification
- Fully integrated EAP and Work-Life
- Onsite seminars and wellness training
- Biometric Screenings – including blood pressure, cholesterol, and glucose

The emPower assessment:

Our emPower assessment provides an in-depth evaluation of the behavior and health risk of each individual.

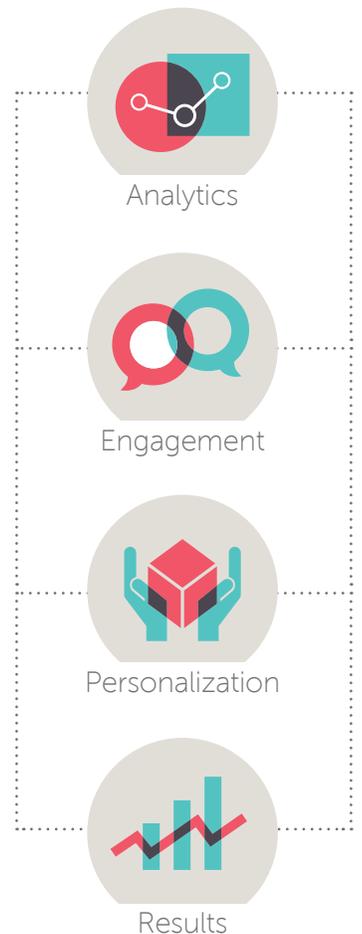
- A baseline score of health and risk identifiers
- A WellBeing score that gauges motivation and readiness for change
- A Cost Calculator that provides ROI information on health conditions
- Our proactive clinical support and outreach

WellRight includes:

Once risk factors are identified, WellRight generates specific, personalized wellness plans to address—and mitigate—obesity, stroke, diabetes, heart disease and other behavior-driven conditions.

- Game play
- Interactive, media-rich resources
- Personalized dashboards
- Automated incentive tracking and fulfillment reports

Our Process:



Three core services. One integrated platform.

Introducing HealthMap™. Now you can seamlessly administer your E4 Health core offerings, as well as manage processes, analytics, and reporting through our comprehensive, integrated HealthMap platform.

Our Foundation: The 4 E's

Built on our HealthMap platform, our model is based on a sequence of critical activities that improves our ability to reach, assess, and individually treat employees in a way that impacts positive, lasting change.



EVALUATE: Identify the issues and opportunities.

ENGAGE: Target the right people at the right time.

EMPOWER: Use tools and medium appropriately.

EFFECT: Make a measurable, lasting difference.

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