

MEDITERRANEAN WELLNESS





MEDITERRANEAN WELLNESS: WHO WE ARE

COMPREHENSIVE:

From biometrics to behavior change, wellness education to disease management, and cafeteria integration to vending overhaul, our extensive services offer you the best approach for the needs of your company.

CUSTOMIZABLE:

Tell us what you want. You don't have to evaluate whether our program happens to match the needs of your company. Our creative aptitude allows us to use our wellness tools to help you meet your goals.

QUANTITATIVE:

Expect data. We'll show how your wellness programs performed in: engagement, completion, biometric risk, population risk change, and concrete correlations between claims cost and wellness programs.

We deliver first principles. Based on the Mediterranean dietary approach, these foundations of eating behavior underlie the healthiest, most delicious diet on Earth.



MEDITERRANEAN WELLNESS: WHAT WE DO

We provide a full range of wellness products for companies. These products can be used together to create a wellness platform, or they can be used a la carte.

WELLNESS EDUCATION content is directed toward behavior change based on the Mediterranean model. The programs consists of LIVE/On-Demand seminars that are delivered through a wellness portal.

BIOMETRIC SCREENINGS can be completed onsite through our partner vendor. We then can analyze and make employee self-care tools available on our secure HIPAA-compliant site.

WELLNESS CHALLENGES are available in 4 categories and are compatible with wearable tracking devices.

SINGLE SIGN ON and **WHITE-LABEL** capability integrate our material onto your wellness hub.

WELLNESS CATALOG and **SCORECARD** organize multi-site organizations.

MESSAGING CAMPAIGNS for the sites, cafeterias, and vending machines keep wellness front and center.



MEDITERRANEAN WELLNESS: WHO WE SERVE

POPULATION SIZE:

Range: from 500 lives to 50,000 lives.

Focal Point: between 1,000 – 10,000.

NEED:

Range: from installing an entire wellness platform to a single needed piece.

Focal Point: rolling out an entire wellness platform.

DEMOGRAPHICS:

Range: from largely male manufacturing facilities with production workers, to computer savvy clients working at their desks.

Focal Point: Mixed gender groups with some facility for interacting with technology.

CULTURE:

Range: from those with no wellness history to those with an established culture.

Focal Point: those looking to establish a long term wellness brand and culture.



MEDITERRANEAN WELLNESS: CAPABILITIES

SCREENINGS:

Onsite events can be held nationally. Data can also be made available from the doctor's office or LabCorp visits. Analysis of the results is used to direct subsequent wellness programming and an online platform to reduce biometric risk categories is made available to employees.

WELLNESS EDUCATION:

4-9 week programs are delivered LIVE via webcast from our online wellness platform. These programs are trackable for incentive points and can be done individually, as a group, or company-wide.

MESSAGING CAMPAIGNS:

Marketing campaigns are created for all programs. For example, we provide Cafeteria messaging that combines wellness education with food service, as well as Vending messaging that is used to improve healthy eating behaviors.

WELLNESS ORGANIZATION:

The Wellness Catalog and Online Scorecard define a company's wellness content, organizes each site with wellness champions, available programs, and incentive points for wellness engagement. This creates a systems-level approach.



MEDITERRANEAN WELLNESS: VALUE PROPOSITION

Cost savings, immediate return ... **BIOMETRICS:**

Conduct screenings to know the risk level of your population. Then, provide targeted programs to decrease risk, and therefore cost. Screening awareness can decrease the incidence of high cost claims.

Cost savings, extended returns ... **MEDITERRANEAN WELLNESS EDUCATION PROGRAMMING:**

Longer term risk reductions in BMI, cholesterol, glucose and triglycerides. Our education programming focuses on the healthiest diet on Earth.

Cost savings, through improved culture ... **WELLNESS CHALLENGES:**

Team-based and individual activity challenges with compatibility for most wearable fitness devices. Challenges come in 4 wellness categories allowing the individual to concentrate on their specific needs. Team challenges help to keep employees motivated and successful.

Cost savings, **CONSOLIDATING VENDORS:**

MedWellness provides a complete range of services. By pulling these into a single provider it increases coordination, decreases redundancy, and reduces cost.



MEDITERRANEAN WELLNESS: DIFFERENTIATION

WELLNESS EDUCATION:

Comprehensive, personal, and practical. Content based on applying the Mediterranean dietary approach to our culture, with practical daily life coaching delivered LIVE via webcast: The Mediterranean Path Program, Cooking For Health, Grocery Store Tour, Holiday program, Summer program, and Disease Management Programs.

WHITE LABEL/SINGLE SIGN ON:

Our programs can have the client's look/feel, colors, and even font. These are placed on their wellness hub, without additional sign in by the employee.

A SYSTEMS LEVEL APPROACH TO WELLNESS:

The Wellness Catalog & Scorecard organizes the program roster, makes it available across all sites, coordinates wellness champions, and provides company-wide incentives, competitions, and awards for wellness.

BIG PICTURE SCOPE, WITH DETAILED FOCUS:

MedWellness creates long term wellness planning, and a structured series of programs to get the client from where they are to their end goal.



MEDITERRANEAN WELLNESS: LOGISTICS

ACCOUNT TEAM:

Each client works with a dedicated account representative who ensures the wellness plan is carried out, marketed, executed, and closed flawlessly.

IT, WHITE LABEL, AND SINGLE SIGN ON:

Before starting, MedWellness engages in validation testing to make sure the technology is not an issue. This includes emails, validation files, white label, Single Sign On, and secure data transfer.

ROLLOUT PROCESS:

We diagram the short- and medium-term goals, with a specific program calendar. Each program is preceded by advance marketing. Wellness champions are established, and trained on the system.

INCIDENT MANAGEMENT PROCESS:

Incidents are handled immediately with top priority by our staff. They are referred to our programmers who update, confirm the correction, at which time the account representative reconnects to verify that the problem was solved.



MEDITERRANEAN WELLNESS: EMPLOYEE PORTAL

PERSONALIZED:

Each employee can set their own personal goals and wellness interests, which are tracked over time. Video, audio, print, and social media content is all available from this convenient platform.

CONTENT RICH:

Health articles, wellness news feed based on the 'interests' participants set, discussion board segmented by wellness category, MedWellness twitter feed with healthy recipes and articles, video coaching, and audio coaching.

SAFE, SECURE:

Password protected, HTTPS: security certificate in place, with a HIPAA compliant server. Any data is encrypted at rest and in motion.

SELF CONTAINED:

Programming can all be accessed from one site: LIVE presentations, challenges, Biometrics Self Care, and other wellness tools.



MEDITERRANEAN WELLNESS: INCENTIVE MANAGEMENT

MOJO POINTS:

Incentive points are assigned to programs. Upon successful completion, individuals are awarded the number of points for that program.

ADMIN CONTROL:

Choose Programs to Incent: Admins enter the incentive panel to make programs eligible for points upon successful completion.

Set Incentive Levels: Points can be turned on/off for any wellness program or challenge, and the updated number of incentive points can be viewed as well.

FULFILLMENT:

Incentive management is flexible, based on the particular system deployed by the client: trade our points for your (StayWell points or other, for example), transfer MOJO points for prizes you offer (if you have your own catalog), or prizes you want us to offer (gift cards, etc.).



MEDITERRANEAN WELLNESS: REPORTING

QUARTERLY/YEARLY:

End of quarter participation reporting shows a snapshot of participation by program.

REAL TIME:

Participation can be seen in real time through the administrator panel, by site, by wellness challenge, or by any custom division.

Incentive points can be turned on/off for any wellness program or challenge, and the updated number of incentive points can be viewed as well.

Site-level points and levels comparing sites against each other, each within their award tiers can be seen by geographical or business divisions.

BIOMETRIC ANALYTICS:

Stratify the company risk profile, following up with plan to improve outcomes. Correlate wellness participation with biometrics outcomes.

Ad HOC:

Custom reporting is available upon request.