

## Helping employees engage in a healthier lifestyle

### Meet Wellos — a personalized wellness solution

Workforce health may have an impact on productivity and health care costs. And more and more employees are ready to focus on their personal well-being. Wellos is a mobile-based wellness solution designed to engage employees and encourage healthy and sustainable behavior changes.

This single app experience is tailored to the employee's health goals. It offers daily content and support for nutritional health, emotional well-being and weight management. As individuals engage with the app, it adapts alongside them — evolving content and topics, and unlocking more customized experiences.

**58%**  
of U.S. respondents  
said they are  
prioritizing wellness  
more vs. 1 year ago<sup>1</sup>

# Supporting employees as they begin their health journey



## Bite-sized learning

Goal-based lessons and content build as employees move along their journey, with content adapting to current behaviors



## Tracking and insights

Daily trackers and personalized insights help give employees a deeper understanding of their progress



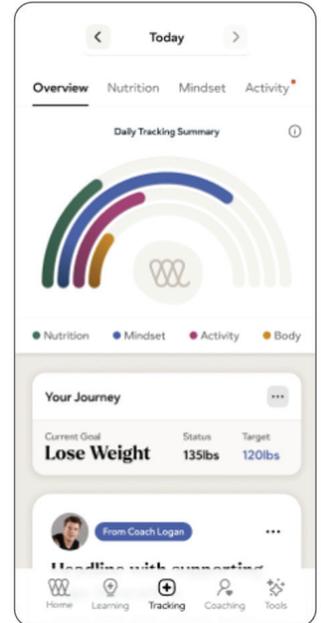
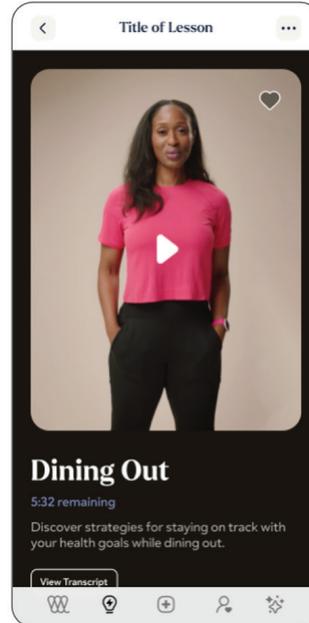
## Personalized health support

Customized tips and short challenges are designed to support an employee's goals and drive new habits



## Unlimited access to coaching

A team of coaches is available via chat or live video coaching\* to help employees address unique personal challenges



**“The Wello app has so much amazing content and helpful insights. The tone is unique and nonjudgemental.”**

**5-star review, App Store®**

**Learn more**

**For more information, contact your broker or UnitedHealthcare representative**

\* Live video coaching is only available to select groups for purchase. Reach out to your sales representative with questions.

<sup>1</sup> McKinsey & Company. <https://www.mckinsey.com/industries/consumer-packaged-goods/our-insights/the-trends-defining-the-1-point-8-trillion-dollar-global-wellness-market-in-2024>.

App Store is a trademark of Apple Inc., registered in the U.S. and other countries.

Wello is a voluntary digital wellness program for fully insured business. A buy-up option, which includes 1:1 live coaching, is available for purchase for certain groups (buy-up option not available in NM and pending approval in CA, HI and MT). The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you.

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