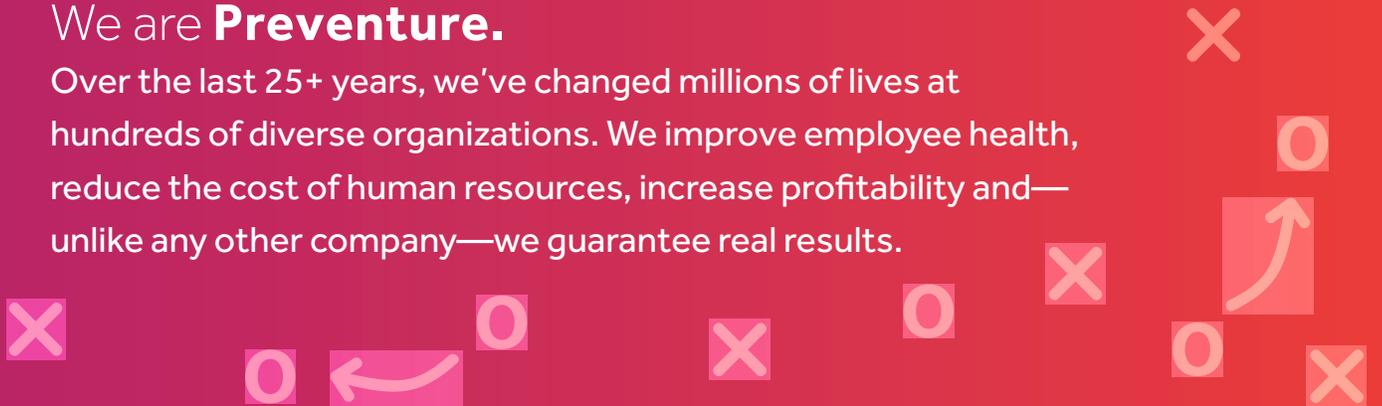


With Preventure, health coaching is a more personal, positive experience.

And it works.

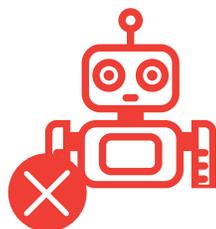
We are **Preventure.**

Over the last 25+ years, we've changed millions of lives at hundreds of diverse organizations. We improve employee health, reduce the cost of human resources, increase profitability and—unlike any other company—we guarantee real results.



**WHEN HEALTH RISKS ARISE,
WE STEP IN QUICKLY WITH
REAL, LIVE PEOPLE.
NO ROBOTS.**

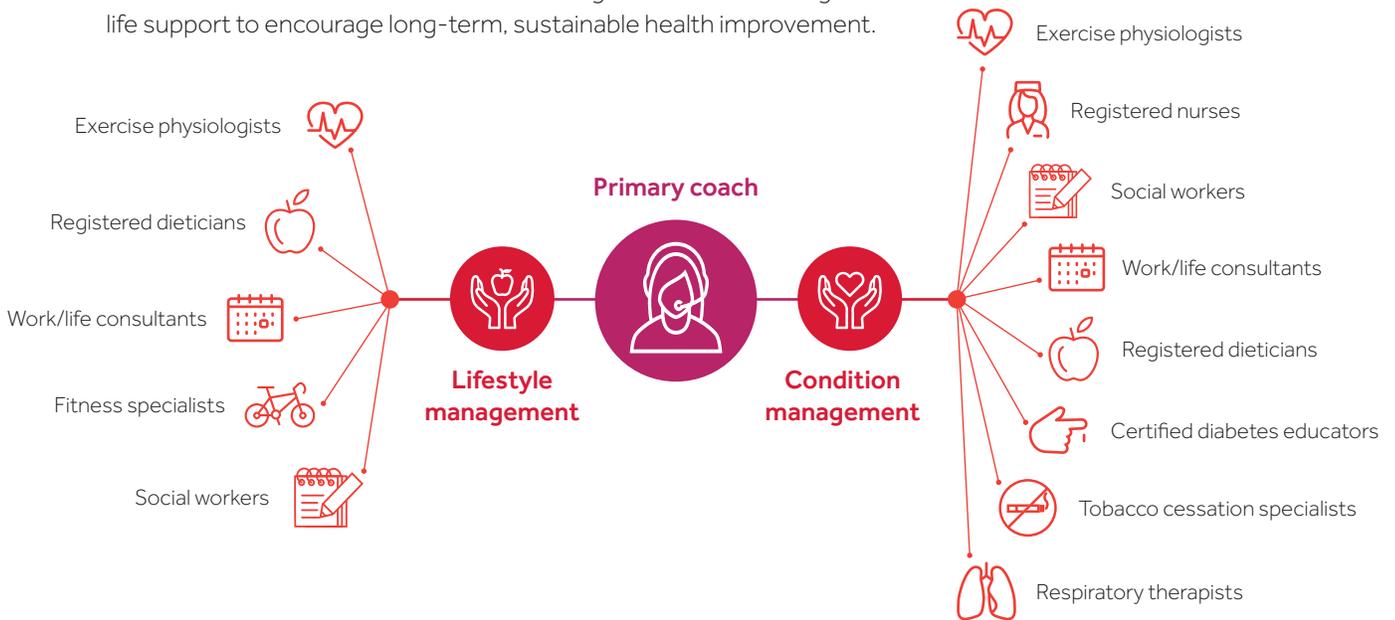
There's nothing more personal than health. That simple fact defines our unique approach to health coaching. A health assessment score below 80 triggers the process, which involves carefully timed engagement communications, including live interactions.



- First, we mail a welcome letter, with answers to frequently asked questions and a toll-free information line, to the potential participant's home.
- Over the next 60 days, an engagement specialist makes up to three phone call attempts to explain the program and encourage enrollment.
- We mail a postcard to those we're unable to reach.
- Then, a health coach who specializes in the participant's primary health risk area begins personal consultations via phone and email.

INTEGRATED, WHOLE-PERSON COACHING

Preventure blends traditional health coaching with behavior change and life support to encourage long-term, sustainable health improvement.



THE PREVENTURE COACHING PROCESS



1
ENGAGEMENT CALL
(5 – 10 minutes)

Coaching overview and invitation to enroll

- Confirm eligibility/health assessment
- Provide coaching program overview
- Assess general interest in coaching
- Invite candidate to enroll in coaching
- Identify initial goal to assign primary health coach
- Schedule initial coaching call

2
INITIAL COACHING CALL
(20 – 30 minutes)

Builds rapport, assesses needs and establishes goals

- Review health information
- Provide overview of coaching calls
- Confirm long- and short-term goals
- Discuss resources for education
- Establish coaching goals
- Schedule follow-up call

3
ONGOING COACHING CALL
(15 – 20 minutes)

Facilitates ongoing support and provides health education

- Update health information
- Provide support to achieve goals
- Assess need for specialty consultations
- Provide ongoing health education
- Identify need for referral

LET'S MAKE GOOD DECISIONS EASY.

To improve the health of your participants and your company, call us at 888-321-4326 or visit us online at preventure.com.

