



MyHealth[®]
A Better Way to Wellbeing



Wellvation[®]
Better Health. Accelerated.

The Concept

MyHealth creates individualized success paths for each person in your company while simplifying administration and improving health.

Why It Works

ManageWell's intelligence goes well beyond lifestyle and health risks. It discovers employees' preferences and mindsets toward health and change. Using Mayo Clinic models, MyHealth discovers which lifestyle habits each employee is most likely to engage in.

By matching content and actions to interests and motivations, MyHealth accelerates good health.

Strategy vs Culture

With Wellvation's technology doing the heavy lifting, leaders are assured that every employee receives meaningful and individualized programming that inspires change.

Because culture still eats strategy for breakfast, leaders who build communication strategies promoting wellbeing will accelerate health and cultures.

"Wellvation meets the needs of consumers by providing them with trusted health information by Mayo Clinic and engagement with wellness tools and resources, utilizing a systematic approach that leads to sustainable improvements in their health."

– Sandhya Pruthi, M.D. • Associate Medical Director, Content Management and Delivery, Mayo Clinic

How MyHealth Works: Meet Bob

Every year, Bob in IT puts on another few pounds. He knows his love of fast food and breakroom donuts isn't great, but he can't imagine giving them up. What Bob does connect to is how fun it was going to the gym with friends in college.

MyHealth knows Bob must exercise AND eat better to prevent disease, but Bob's preferences indicate that he is the most open to changing up his exercise habits.

MyHealth makes exercise a focus area for Bob with challenges, activities, and Mayo Clinic expertise offered through his ManageWell portal. As Bob meets his exercise goals, nutrition content and activities are incorporated to improve results.



Flexible Technology

MyHealth is an available strategy within Wellvation's ManageWell platform. Employers either utilize ManageWell's flexible technology to customize their own wellbeing strategies and programming from the ground up or let MyHealth do the heavy lifting.

Challenges, events, customizations, and incentives can be added at any time, and employers define all criteria, eligibility, and brand standards. Strategy reports, segmentations, communications, and incentives are all managed within ManageWell's Admin Dashboard.

The screenshot displays a user interface for the ManageWell platform. At the top, there are four icons representing different health categories: Exercise (a person running), Stress (a hand holding a head with lightning bolts), Nutrition (an apple with a plus sign), and Preventive (a plus sign in a circle). Below these icons are three main sections:

- Activities:** A list of activities with a star icon, including "Walk the 'Aloha Challenge'" (signed up on 02/15/2022), "Mini Challenge - Exercise" (signed up on 01/08/2022), and "Complete a S.M.A.R.T. goal" (signed up on 11/02/2021). A "Show More" link is present.
- Challenges:** A list of challenges with a calendar icon, including "Commercial Break Challenge" (started on 02/17/2022 - time to check in), "Plank Master Challenge" (started on 12/02/2021 - time to check in), and "Burn calories! (No gym needed)" (1 Week Commitment). A "Show More" link is present.
- From Mayo Clinic:** A list of video resources, including "Video: Take 5 to work your hips and back" and "Neck and trunk rotation with arm swings and arm circles".

Email with any questions.
Schedule to dive deeper.

Contact Us:

15600 36th Avenue North, Suite 200
Minneapolis, MN 55446
877.750.0981
info@Wellvation.com
www.wellvation.com

