



Wellos

A mobile wellness solution to help engage employees
and encourage healthy habits

United
Healthcare®



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Employees value their health and seek more from their benefits

1 in 3

employees said they would forgo a pay increase in return for additional well-being offerings for themselves or their family¹

58%

of U.S. respondents said they are prioritizing wellness more now than they did a year ago²

2/3

of workers surveyed said they didn't use the full value of their organization's well-being resources³

¹ Rise of the relatable organization. Global Talent Trends 2022-2023 Study. Mercer, 2023.

² 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>.

³ Deloitte, <https://www2.deloitte.com/xe/en/insights/topics/talent/employee-wellbeing.html>. March 2023.



Helping encourage employees to engage in a healthier lifestyle



UnitedHealthcare is teaming up with Wellos — a single app experience to help employees actively engage in their health and wellness goals



Designed to be user-friendly



Seamlessly fits in their daily lives



Daily, goal-driven interactions



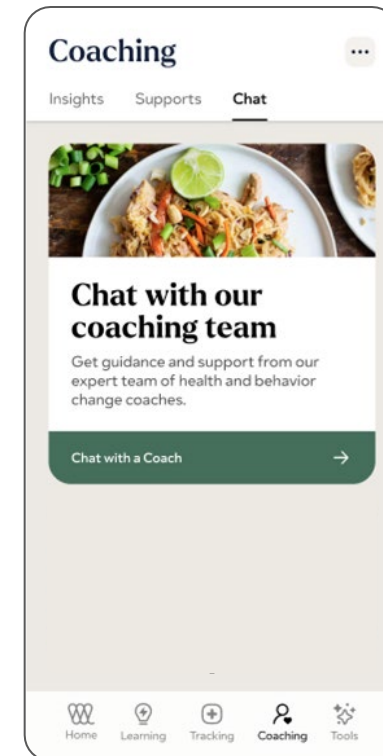
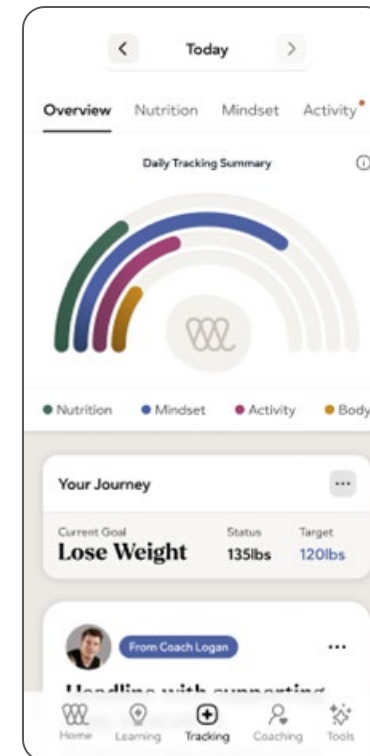
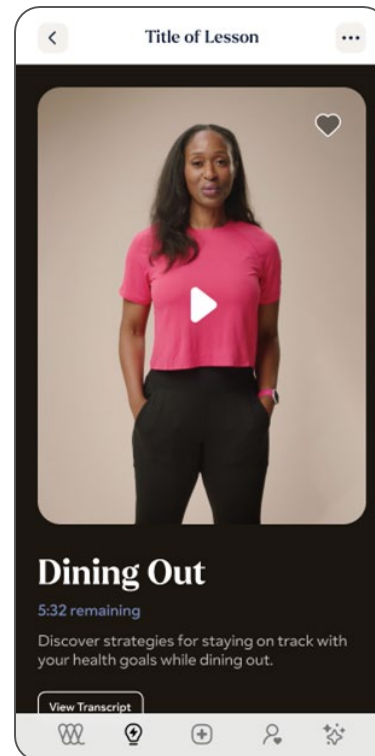
Evolves with individuals as they engage



Wellos is here to help support employees on their health journey

This app provides a tailored experience based on the employee's goals with:

- ✓ **Bite-sized learning** through lessons broken into focused phases
- ✓ **Daily tracking** as they work toward goals
- ✓ **Supportive coaches** who are available to chat and dive deeper into content
- ✓ **Personalized health support**



The more employees engage, the more personalized content they unlock

The app evolves based on daily tracking and behaviors — serving up new, customized experiences that may keep employees coming back.



Goal-based content

- 100+ lessons build as employees move along their journey with content adapting to current behaviors
- Informational videos and articles
- 5,000+ nutritious recipes, weekly meal planning, and grocery lists



Personalized support

- Mini challenges that support an employee's area of focus and may help drive new habits
- Coach tips, including curated videos and brief articles
- Nutrition information



Insights reporting

- Personalized insights to help give employees a deeper understanding of their tracking and progress toward their goals
- Only requires a few days of data to unlock the dashboard
- Able to hide calorie counts



Through sustained engagement, Wellos may help employees achieve and maintain health outcomes



Improved nutrition highlighting health benefits of specific foods



Enhanced well-being, including stress, mood and activity



Weight management

“The Wellos app has so much amazing content and helpful insights. The tone is unique and nonjudgemental. It’s only going to get better from here!”

5-star review, App Store®



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