

WHOLE-PERSON WELLBEING THAT ACCOUNTS FOR ALL OF LIFE'S DIMENSIONS



Supporting employers in creating
a culture of wellbeing that
helps motivate employees to
engagement and enduring change.

► **WELLBEING WITH PROVEN RESULTS**

WellSpark works to understand people and provide solutions that address every dimension of their lives, seeing people as the sum of all their experiences. Employees may lack a support system...have untreated mental health issues...cultural differences...and socioeconomic struggles, just to mention a few. These challenges can create barriers that compromise wellbeing. Enlightened employers understand that the

health of employees equals the health of the business. At WellSpark, we focus on keeping people out of the traditional “sick care” system. We work with employees to manage and prevent chronic disease by helping them identify and remove the barriers that are preventing them from making lasting change. We connect people’s experiences to their health and data, and then meet people where they are with support that makes sense for their individual circumstances.

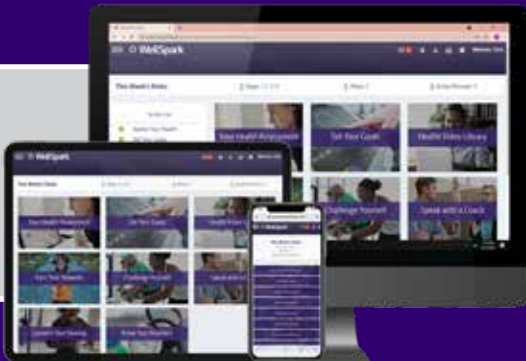
► **CUSTOMIZED TO SPARK CHANGE**

All WellSpark solutions approach wellbeing using a biopsychosocial lens that is the core of our business and what sets us apart. The combination of programs as well as the programs themselves can be unique to each organization, customizable and designed to support engagement and spark behavior change. WellSpark programs are easy to access and offer a wide range of resources for each individual with the support that meets their needs. Resources range from a full

catalog of on-demand health education and challenges, to WellSpark Health Coach Educators and Nurse Wellness Coaches who provide group programs as well as one-on-one support by phone, virtually or on-site. Because organizations can be as diverse as individuals, WellSpark works closely with clients to assemble the programs and the robust tracking and reporting necessary to meet the unique needs of each population.

Education and Coaching to Prevent T2 Diabetes

Following the CDC’s 12-month Prevent T2 curriculum, WellSpark takes a life-dimensional approach to diabetes prevention that includes culturally-relevant education, customized for various organizations with one-on-one support from Certified Diabetes Educators.



Supportive Group Coaching Experiences

Interactive group learning facilitated by a WellSpark Nurse Wellness Coach or Health Coach Educator provides a sense of community, peer support, social accountability and shared experiences.



Diabetes Prevention Program (DPP)

Help 364

Chronic Disease Self-Management and Support

Personalized guidance to help individuals live well with chronic conditions the 364 days each year they aren’t visiting their doctor.

SparkHealth Digital Experience

Customizable Worksite Wellness Platform

WellSpark’s digital wellbeing experience can be customized for each organization and budget to track and report utilization, customize incentives and reward fulfillment, provide meaningful data and support engagement.

Health Coaching for Life

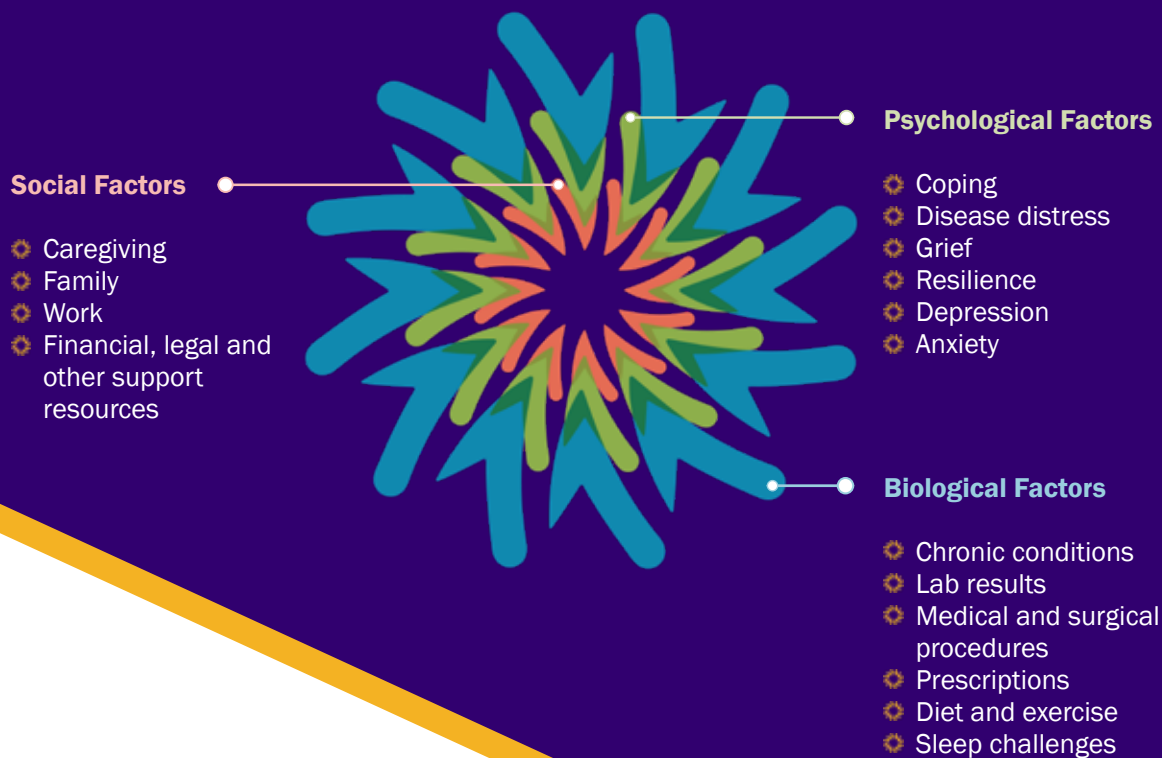
Lifestyle Coaching for Behavior Change

Compassionate, one-on-one support to help individuals unlock their personal barriers to change.

SparkSocial Group Coaching

WELLSPARK'S LIFE-DIMENSIONAL APPROACH

Whole-person health includes biological, psychological and social factors. Biological factors (i.e. age, gender, biometrics) provide a solid foundation to start building our care approach. Psychological factors (i.e. experiences, thought patterns, emotions and feelings) help us understand how people perceive the world, which is critical to identify the support individuals want, need, and most importantly, will accept. Social factors (i.e. relationships, work, finances) help us provide the social support system needed to help individuals improve their wellbeing. This life-dimensional, biopsychosocial lens, paired with valid, reliable wellbeing assessment tools, help people uncover the small action steps that lead to lasting results.



► MORE THAN WATER BOTTLES AND LIP BALM

WellSpark is much more than a self-help wellness portal. WellSpark's customized wellbeing support, along with one-on-one and group coaching, works collaboratively alongside other employee benefits to help guide individuals to utilize the resources available to identify their unique barriers to wellbeing and achieve their personal health goals.

► WELLBEING ON ANY BUDGET

One size does not fit all. WellSpark programs are built to be flexible and adaptable to work with each organization. Our bottom line is to ensure we meet your goals and your budget. That's why our pricing model is designed like our solutions – unique. Most of our coaching solutions are billed by consumption. SparkHealth Digital and Activation services are a fixed cost and billed monthly, and Diabetes Prevention Programs may be eligible to be billed through your health plan.

Ask us about customized
Activation to help drive
engagement and results.

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