



OPTUM MY WELLBEING FOR GLOBAL EMPLOYERS

A health and wellbeing digital platform

Employers are expanding their health and wellness programme spend to make more services available to their employees.¹ But they need help motivating them to participate in the programmes and take charge of their health.

Optum® My Wellbeing is a personalised and engaging platform that educates users about their health and motivates sustained behaviour change. This easy-to-use platform offers multiple levels of engagement to motivate individuals to improve their health, including goal setting, challenges and communication triggers.

Health Score: Empowering health ownership

MY WELLBEING STARTS WITH A HEALTH SCORE — a dynamic number ranging from 1 (low) to 1,000 (high) that measures the current health and wellbeing of an individual. It changes in real time based on activities that are tracked through wearables, health apps and manual entries. This allows users to see the immediate impact their behaviour such as nutritional or sleep habits have on their health.



50% of global employers are supporting their health and wellness programmes through dedicated portals and apps.²

Nearly 40% of employers who have changed their H&W strategy in light of the COVID-19 pandemic have added a new health and wellness portal.¹

Personalising the health journey

Receiving personal feedback, reminders and suggestions from a digital coach can help encourage employees to make healthy changes. Employees can also:

- ▶ Follow and share goals with others within the platform or via social networks
- ▶ Join groups with similar interests and participate in both team and individual challenges, which can start and end in alignment with other corporate initiatives



My Wellbeing results³

Customised to meet employer needs

My Wellbeing offers branding in multiple levels. You will be able to customise the platform with your logo, sub-branding colors, local languages, and even integrate with existing apps and services for a truly unique solution.

Measuring wellbeing with secure data

Employers can measure programme impact with an aggregate population health score and a consolidated overview of their organisation's health status via anonymised corporate reports. We provide information like participation rates, average Health Score with historical and performance against benchmark, demographic breakdown and health risks grouping.



* CONFIDENTIAL COMPLIANT SAFE SECURE

* In accordance of applicable laws

1. Optum 2020 International Wellness in the Workplace Benchmark Study.
2. Arizton. Corporate Wellness Market. Global Outlook and Forecast 2018–2023.
3. Research conducted by AKD Research + Consulting Group GmbH on the active users of a dacadoo population of 67,000 users.

Optum My Wellbeing does not provide medical advice or other health services, and is not a substitute for your doctor's care. Talk to your doctor before significantly increasing your level of activity, particularly if you have a medical condition or have been inactive. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law.



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