

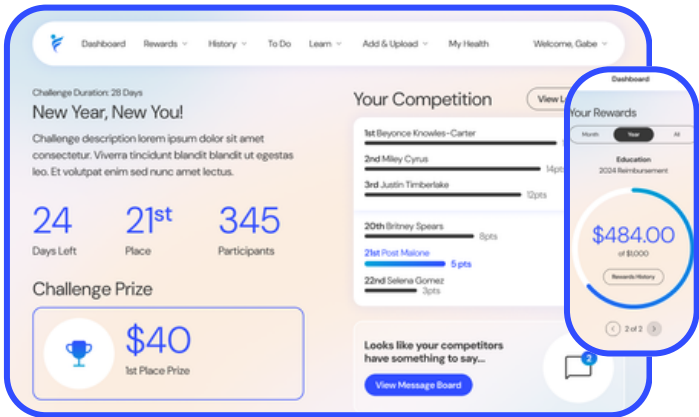
Essentials

Rewarding the Power of Preventative Care

Preventative care is key to lowering healthcare costs and maintaining a healthy and productive workforce, but getting employees to take action can be a challenge. By **incentivizing regular check-ups, screenings, and healthy habits**, employers can help catch potential health issues early, **preventing them from becoming more serious and costly down the line**.

Why Choose Essentials?

Essentials is the **foundational building block of any wellness program**, serving as the ultimate solution for incentivizing preventative care in your organization. With meaningful and timely incentives, Essentials motivates employees to prioritize their health by rewarding them for engaging in preventative care activities that reduce health risks, ultimately helping to cut healthcare costs and absenteeism.



Essentials includes Preventative Care activity tracking, Wellness Challenges, an annual Health Risk Assessment, and Discounts.



Employees earn rewards for completing activities like **health screenings**, flu shots, and fitness challenges.



Our Wellness Challenges make it easy for you to **engage employees** in fun, healthy activities.



Employees can quickly **assess their health and identify risks**, while employers gather data to improve wellness programs.

Start Rewarding Health Today with Essentials!

Equip your team to take charge of their well-being with Essentials. Let's transform preventative care from a checklist into an engaging, rewarding experience that fosters a healthier, happier workplace.



Book a Demo!