



# Attentive

HEALTH & WELLNESS

“be ATTENTIVE to your health”

## No Investment

- Robust Personal Health Dashboard Identifies opportunities for a healthier lifestyle
- 24/7 Telehealth doctors, nurses and health coaches, co-pay free
- Mayo Clinic wellness programs
- Addiction recovery and counseling, co-pay free
- Supplemental insurance benefits such as Life, Hospital Indemnity, Accident, Critical Illness and AD&D

A Self-Insured Medical Expense Reimbursement Plan SIMERP™ with Wellness Emphasis!



## No Take-Home Pay Reductions

- Immediate financial impact to the bottom line
- \$500 Average payroll savings, per participating employee per year
- retention, loyalty and productivity
- Reduce claim cost by an average \$1,400 over a three-year period
- Operational, and fully automated, within 30-45 days, assuming all documentation is complete.

## Online Wellness Personal Health Dashboard

The Attentive Program focuses on wellness for the *Whole* person. Wellness involves more than just physical health. Attentive provides health and wellness solutions for the emotional, physical, occupational, social purpose and financial health of the whole person.

- **Customized Wellness Portal**  
Secure with facial recognition software for greater security
- **Available 24/7**  
Employees have unlimited online and mobile access
- **Health Risk Assessment**  
Confidential survey and personalized report help employees identify health risk
- **Wellness Library**  
Self-guided courses to address a range of health and lifestyle issues
- **Health Trackers**  
Integrated health trackers log activity and monitor progress. Can also sync data from personal activity trackers (e.g. Fitbit, Garmin, Apple Watches)
- **Mayo/24Life**  
Four Mayo Clinic wellness programs included in the AHW benefits package.
- **Interactive Campaigns & Competitions**  
Employees can join existing competitions or create new ones
- **Bilingual Platform**  
English, Spanish and over 150 other Languages
- **Promotional Campaigns**  
Turnkey communications, comprehensive launch
- **Added Support**  
Ongoing support from the employee’s personal Care Management Team
- **Expanded Eligibility**  
Available to all eligible employees, their spouses and dependents

[www.ahwus.com](http://www.ahwus.com)