



Telligen[®]

Health & Well-Being



Wellness Solutions



HEALTHY



LOW RISK



AT-RISK



CHRONIC
DISEASE



CATASTROPHIC

Telligen wellness solutions work hand-in-hand with our coaching services to engage members to take charge of their health and well-being. Our evidence-based wellness programs use a combination of a comprehensive yet easy-to-use platform combined with a collaborative, strategic approach to elevate our coaching programming to best meet the needs of your population.

Our wellness solutions are tailored to client needs, ranging from a singular health improvement focus to organizational holistic well-being-based programming. We engage your members to promote health & well-being, no matter where your members fall on the Spectrum of Health. We use interactive tools to coach and nurture each participant toward a healthier lifestyle, which in turn helps drive the health of the company. Through our Wellness Solutions, clients report better member engagement, improved biometrics, reduced health risks, and increased productivity.

SERVICES INCLUDE

- Program consulting
- Biometric screenings
- Physician fax forms
- Online wellness portal
- Telligen's mobile health app
- Tailored communications
- Health & Well-Being challenges
- Unlimited lifestyle coaching
- Alternative standard compliance






TURNLEAF MOBILE APP

Telligen's Turnleaf Mobile App puts personalized health coaching into the palms of your members' hands. Turnleaf allows members to directly communicate with their health coach and schedule coaching calls.



APP FEATURES

-  Directly message health coach
-  Schedule appointments with health coach
-  View program information

My health coach's compassion, knowledge and understanding helped me achieve a successful lifestyle. I am now walking daily, monitoring my blood pressure and eating a balanced diet. I am extremely happy to see that Telligen takes the time to help their members in time of difficult health situations.



WELLNESS PORTAL

Telligen's wellness portal serves as a hub for your members' health program. Within the portal, members can find program information and track their health activities, accept and complete challenges, view and log biometrics, and view upcoming events. The portal also contains an education library full of resources to empower your members on their health journeys. The wellness portal can be customized with client branding, colors, and program information.



For more information, contact Ami Bolles (Director of Strategic Accounts)



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