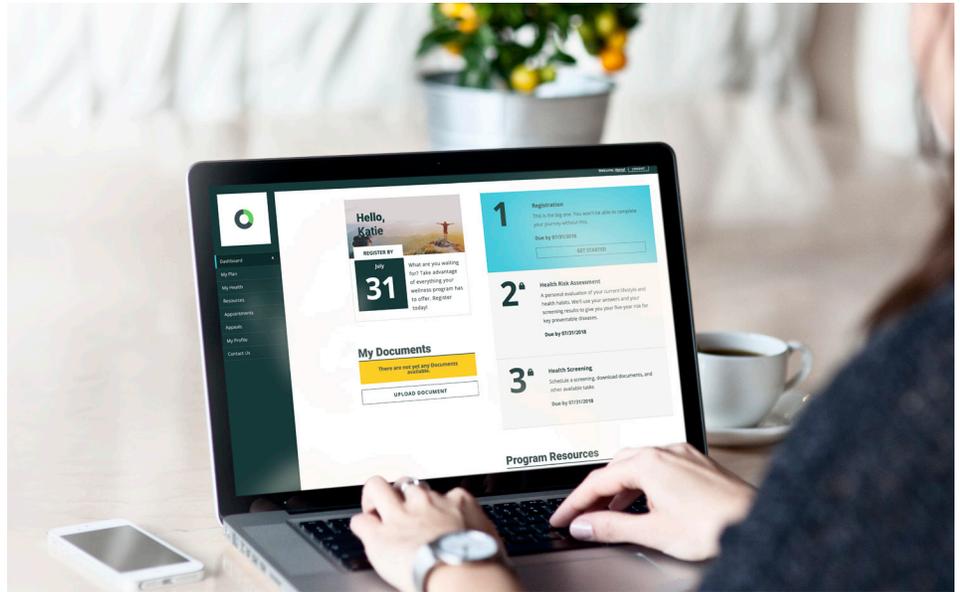


Resources at your fingertips.

Whether it's a new health regimen or finding new ways to engage, our portal offers content and resources to encourage well-being and presence of mind for your participants.



Features

Online Health University

Online video courses designed to help you succeed:

LivingLean: Gain power over food and lose weight naturally

LivingWell: Manage diabetes in a new, empowering way

LivingEasy: Create a sense of calmness and resilience

LivingFree: Break free from tobacco addiction

LivingFit: Learn to love exercise one step at a time

LivingSmart: Manage alcohol use and gain control

LivingWellRested: Address destructive sleep patterns or insomnia

Exercise & Device Sync

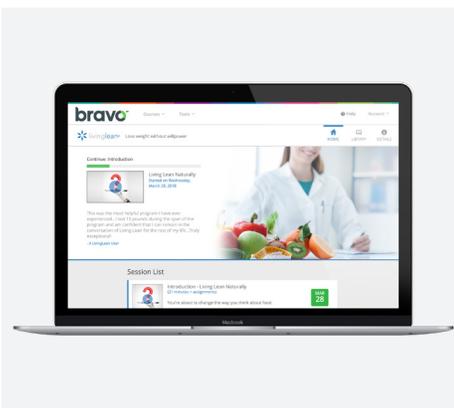
Track your steps by syncing your wearable device, track your food and caloric intake, or learn a new fitness routine. Customize a program that works for you!

Challenges

Take part in friendly competitions and challenge your teammates to participate in activities.

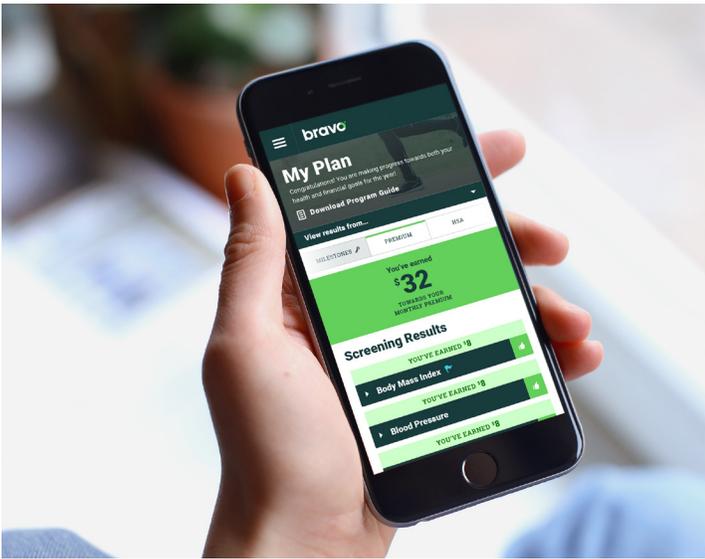
Nutrition

Search through thousands of healthy recipes.



LET'S TALK ABOUT HOW WE CAN HELP

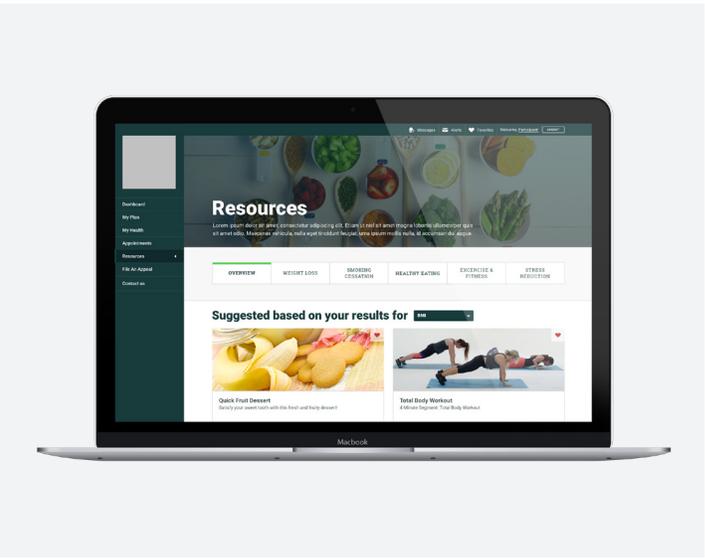
Toll-Free 877.662.7286 | Sales Inquiries sales@bravowell.com



My Plan

The structure for My Plan provides a clear overview of all incentives, letting you immediately see what you've earned or still have available to earn.

- One page with all incentive plan design information.
- Page sectioned for easy reading.
- Specific value associated with each goal.
- Simple thumbs up indicate goal has been met and incentive achieved.
- Collapsible and expandable goals to see as much or as little information as desired.
- Action buttons and deep linking takes you directly to the place where you can complete your next step.



Resources

Easily browse for available resources by category and by type. Bravo's suite of wellness tools, challenges, courses, recipes and articles is extensive. Intuitively browse between resources and find relevant content to help you on your well-being journey.

- Featured and custom resources.
- Bookmark resources for later use through favoriting.
- Personalized, recommended resources based on screening results.