

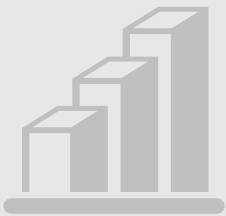


Feel Like a Million™

Help your employees reduce stress and boost energy

FEEL LIKE A MILLION is a 12-week online program that encourages participants to add healthy habits into their day, helping increase energy and reduce stress through an interactive game show theme.

Client Benefits



- **Simple to launch.** It's easy to launch *Feel Like a Million* through our platform. Because the program is online there is no need for on-site staff to deliver the program. Single sign on verifies participant eligibility.
- **Easy to promote.** Select from our website options to match promotional emails and web ads to your wellness program. Access promotional print-ready materials, ready for your unique company branding.
- **Less stress, better business.** *Feel Like a Million* gives participants a fun way to deal with work and personal stress. By reducing stress in the workplace, you can help participants stay healthy and productive.

Participant Benefits



- **Less stress, more energy.** Participants learn how daily rituals improve energy, provide better balance and create greater resilience through a fun, online game show theme.
- **Fun and engaging.** Participants enter activities and strive to earn at least 1 million virtual dollars for completing healthy habits in the areas of physical activity, nutrition, balance and purpose.
- **Social and friendly competition.** Participants may form a team or join a Millionaire's Club for a team competition. Using the mobile app as a companion to the online challenge, participants can track activity, view recipes and health tips, track team progress and more.

Feel Like a Million

Stress is the number one workforce risk issue, ranking above physical inactivity and obesity.¹



What you need to know

- Participants simply log in to the platform and click through to the *Feel Like a Million* website to register.
- Health challenges invite individuals and teams to participate in engaging and action-oriented activities.
- Gaming helps motivate participants and keeps them on track with healthy behaviors.
- Individual participation and team competition options are available.
- Participants receive daily emails, health tips, resources and articles.
- Coordinator link provides real-time stats on individual and team progress.

Help build healthy behaviors

Eight weeks before launch: HealthFitness coordinates website configuration, branding and implementation set-up.

Two to three weeks before program start date: Promotion, individual registration and Millionaire's Club sign-ups begin.

Weeks one through 12: Participants practice healthy habits in the core areas and record them online to earn virtual dollars.

Post-program: Participants complete the post-program survey. HealthFitness tabulates results and provides summary report 30 days after program completion.

Add to your wellness programs

Contact your HealthFitness representative to provide *Feel Like a Million* to your participants and add to your year-long wellness challenge programming.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.

¹ Source: 2013/2014 Towers Watson Staying@Work Survey Report, <http://www.towerswatson.com/en/Insights/IC-Types/Survey-Research-Results/2013/12/stayingatwork-survey-report-2013-2014-us>



Feel Like a Million is a trademark of Health Enhancement Systems.