



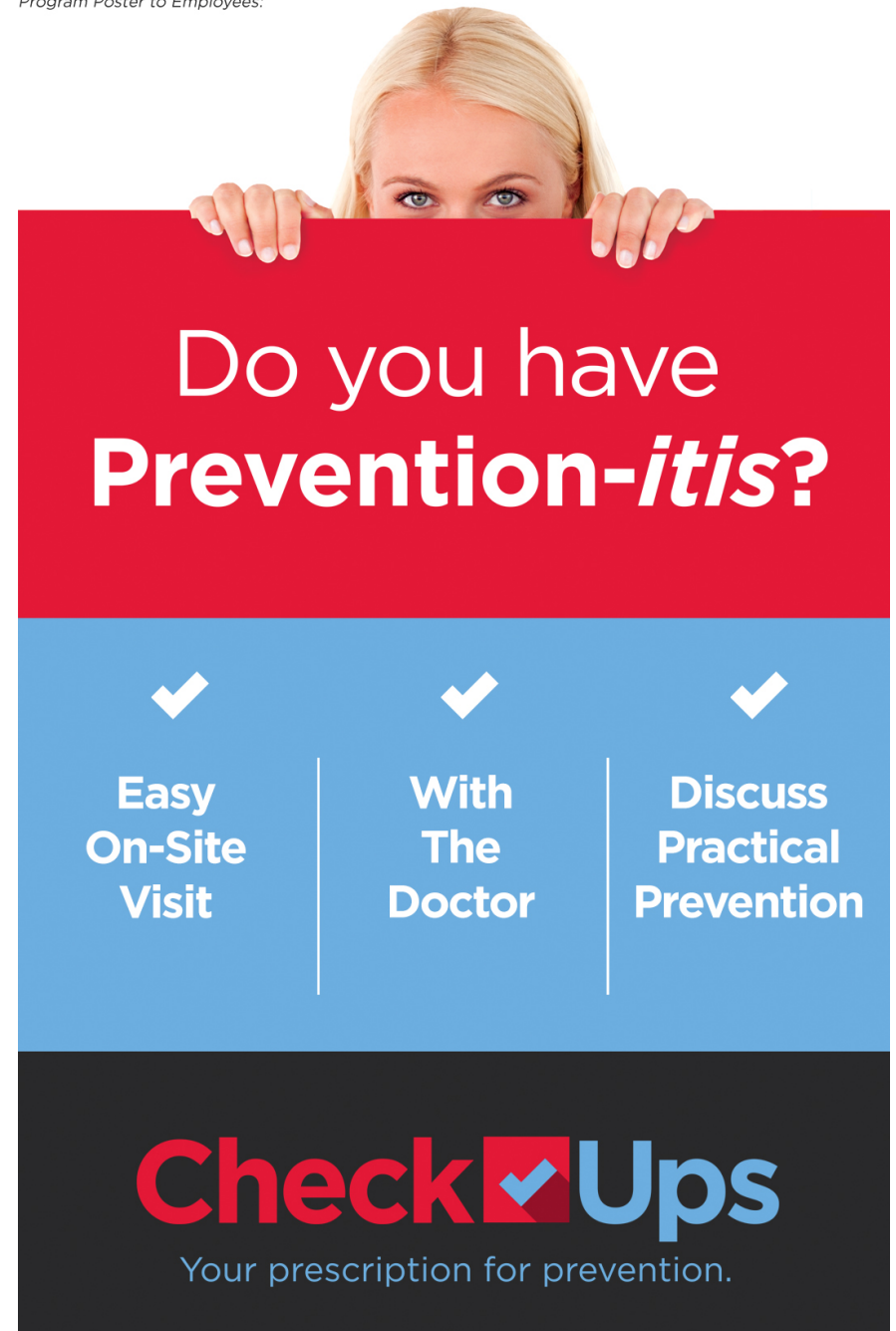
On-Site Promotion Campaign

- ✓ Posters
- ✓ Emails
- ✓ Standees
- ✓ Flyers
- ✓ Manual Signups

Check-Ups Program is able to be tailored on a per client basis. We provide marketing materials for clients based upon integration, utilization, communication and promotion needs.

Our on-site campaigns help increase engagement, participation, awareness and can be co-branded into any corporate setting or wellness program.

Program Poster to Employees:

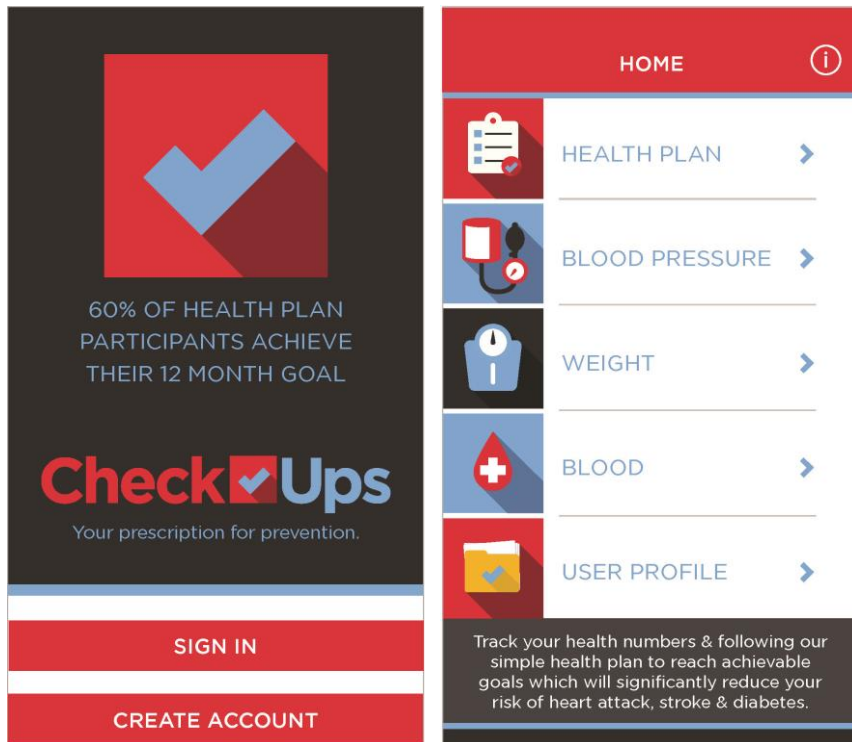




Health App Integration

- ✓ Data Tracking
- ✓ Visualized Progress
- ✓ Practical Health Plan
- ✓ Built-in Reminders
- ✓ Association To Location

“The [IMS Institute] Report found, apps that just give users information aren’t enough.” -Business Insider



Check-Ups Health App is different because people are introduced and educated on using the app personally **with the doctor**. This **reinforces the concepts around prevention and engagement to help achieve success**.

Tracking health numbers and following the health plan reinforces practical yet also personalized prevention with our **program**.

Communication via notifications and various potential follow-up experiences position Check-Ups to become the initial source for preventive health **outcomes**.

Health Plan

- ✓ Simple Routine Guidelines
- ✓ Realistic Goals
- ✓ Quantitative Scoring

HEALTH PLAN

KEVIN'S HEALTH PLAN

GUIDELINES

WALK MORE:
It doesn't matter where or when, but try to walk 20 minutes every day.

EAT LESS:
Realistically try to eat only 80% of anything you eat; regardless if it's a meal or a snack.

REDUCE SUGAR:
If you drink soda pop, try to have one less every day. If you don't drink soda pop, try to eat 20% less sweets & deserts per week.

Click the + sign at the upper right to enter your first log.

HEALTH PLAN

LOG ENTRY

WEEK ENDING: **SEP-15-14**

WALKING 1 **3** 5
How did you do in trying to walk 20 minutes ever day?

EATING 1 **2** 5
How did you do in trying to eat 80% portion size of all your meals & snacks?

SUGAR 1 **4** 5
How did you do in trying to cut-out at least one soda pop or sweet each day?

CANCEL **SAVE**

Data Tracking & Charting

- ✓ Blood Pressure
- ✓ Weight & BMI
- ✓ Blood Sugar & Cholesterol

BLOOD PRESSURE

KEVIN'S BLOOD PRESSURE (mm/Hg)

view by: WEEK MONTH YEAR

LAST ENTRY:
SYSTOLIC **120 / 80** DIASTOLIC

RISK LEVEL
LOW MODERATE HIGH

BLOOD PRESSURE LOG

7-19-14	Systolic: 120	Diastolic: 80
7-15-14	Systolic: 127	Diastolic: 82
7-13-14	Systolic: 126	Diastolic: 81
7-8-14	Systolic: 120	Diastolic: 80
7-3-14	Systolic: 120	Diastolic: 80

WEIGHT

KEVIN'S WEIGHT (lbs)

view by: WEEK MONTH YEAR

LAST ENTRY:
WEIGHT **180** BMI **28.2**

RISK LEVEL
LOW MODERATE HIGH

WEIGHT LOG

7-19-14	Weight: 180	BMI: 28.2
7-15-14	Weight: 180	BMI: 28.2
7-13-14	Weight: 180	BMI: 28.2
7-8-14	Weight: 180	BMI: 28.2