

Health Activity Tracker™

The Wellsource® Health Activity Tracker™ (HAT) is so customizable that with it, you can easily track even your company's most specific wellness goals.

The Health Activity Tracker™:

- Engages employees in the health goals of your program
- Helps maximize productivity by improving employee health
- Increases each person's responsibility for his or her own health
- Encourages participation in effective interventions and activities
- Decreases healthcare costs for you *and* your employees
- Rewards participants with incentives

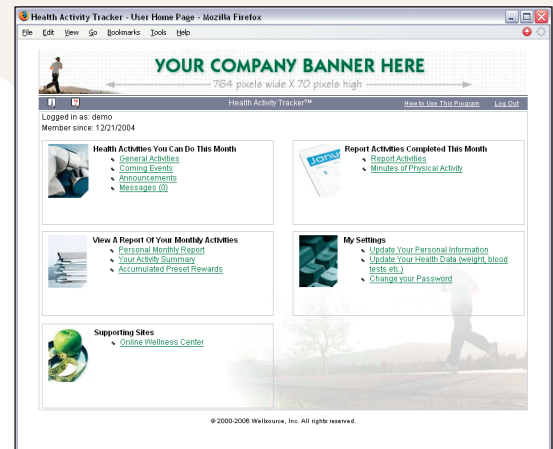
With HAT, participants simply:

- Access their program online
- Log changes in their biometric data (weight, blood pressure, etc.)
- Record their health activities and aerobic miles
- Track progress toward their priority health goals
- Log their participation in health classes and events
- Generate personal reports that summarize their progress
- Earn monthly wellness points for completing health activities – to be used with the Rewards Program

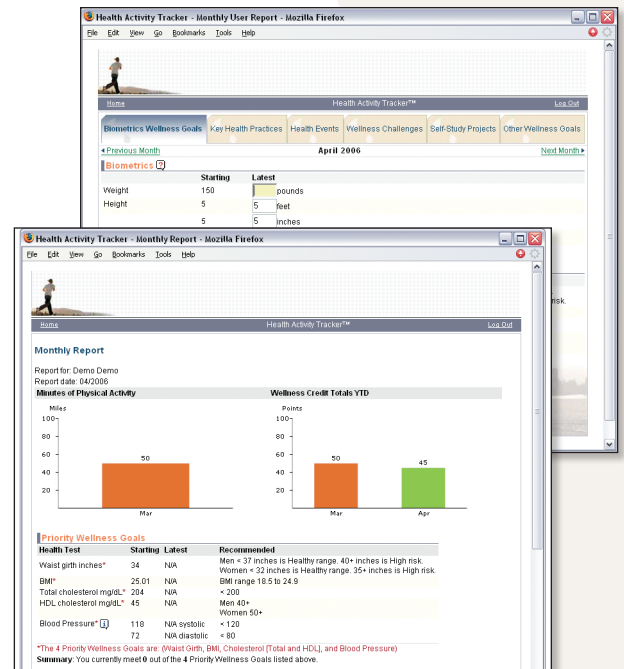
With HAT, Wellness Administrators easily:

- Improve employee participation in wellness programs by awarding points for performance
- Inform participants of personal accomplishments through monthly activity reports
- Learn if participation is increasing or decreasing by viewing:
 - The number of participants meeting their goals
 - Identify which events are most popular

Homepage



Personal Reports



Administrative Reports

- **Participation Report** – Records the number of participants and calculates participation percentages for each health activity
- **Detail Report** – Totals monthly credits for each participant in each health activity category
- **Section Detail Report** – An expansion of the Detail Report, showing which activities in a particular section have been completed
- **Detailed Participant Activity Listings** - Provides information about who completed which activity at what time
- **Activity Listing Report** – Lists detailed participant activity completed within a specific activity category
- **Monthly Biometric Report** – Shows biometric data for each participant and compares it to the original data
- **Drill-Down Report** – Lists all participants and their demographics



Health Activity Tracker™






YOUR COMPANY BANNER HERE
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Health Activity Tracker™

Accumulated Preset Rewards

The table below lists rewards currently available in the program year.

- * "Your Points" is the total points you have accumulated during the reward available period.
- You have enough points, you will see "EGD" or "MCD" or "Not Qualified" if you did not meet the requirement of the reward, under the eligible column for that reward.
- Go to "Required Activities for Rewards" section to get the requirement information of the rewards.
- Click on the reward image for a larger picture.

Reward Description	Points Needed	Your Points	Eligible
 Digital Step Counter Pedometer Availability: 0301/06 - 0430/06 Description:	100	92	No
 T-Shirt Availability: 0301/06 - 0430/06 Description:	200	92	No
 Heart Rate Monitor Availability: 0301/06 - 0430/06 Description: Features - ECO Accurate without a chest transmitter - Time of day/night alarm - Heart rate memory and recall (recall lasts 20 readings) - Lowest and highest Heart Rate reading - 42 Lap memory on chronograph - Countdown timer	300	92	No

Required Activities for Rewards

To earn a reward, you may need to complete a required activity or activities.

- Click on Required Activities to see the requirement. Clicking on Required Activities again will collapse that content.
- You may see the "old-date" rewards and required activities by clicking on the checkbox.

Reward History

Please select a start date and end date that includes the reward availability period, and click Reward History to find out the rewards you have earned during that time. The result will be shown in the table above.

Start Date: 02/1/2006
End Date: 02/1/2006
[Reward History]

Scientific Foundation

A team of health promotion specialists including doctors, health educators, mental health professionals, nutritionists, and public health professionals are involved in developing Wellsource® products. Recommendations for risk reduction and health enhancement are drawn from established guidelines of leading health organizations and government agencies.



Wellsource®
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Participant Rewards Programs

HAT participants earn points for their completed activities, and can track their progress toward personal health goals.

Administrators can require their employees to complete certain activities to be eligible for a particular reward. Administrators may also use reward points based on the different Reward Programs described below.

Preset Rewards

By opting for the Preset Rewards, the administrator automatically grants rewards to participants who earn enough points within a set time period.

Preset rewards can be:

- **Cumulative**, where participants are eligible to earn more rewards as they accumulate more points, or
- **Non-cumulative**, where participants earn one reward after they reach a certain number of points.

My Choice Rewards

Through the My Choice Rewards program, participants submit requests to redeem the rewards that they choose. The two kinds of My Choice Rewards are:

- **End-of-Year Rewards**, where participants save their points for a more valuable reward at the end of the program year, or
- **Time-Sensitive Rewards**, where participants' points expire and must be used by a date set by the administrator.

Customization - At a Glance

Content Management

The Health Activity Tracker™ is fully customizable to support your company's wellness goals and program structure. Easy-to-follow on-screen instructions walk you through:

- Changing headings and content
- Adding or deleting questions
- Assigning reward point values based on answers
- Setting the "exit link" URL
- Customizing many additional items specific to your wellness program

Multiple Administrators

You can even assign additional administrators and counselors – with different permission levels. A messaging feature, counselors to communicate direction with individual employees.

Managing Multiple Groups

HAT allows you to create unique websites for multiple customers and groups, all under a single administrative license. By using the **Value Added Reseller (VAR)** edition of the Health Activity Tracker™, you can:

- Customize the banner and logo that appear on each HAT website, and
- Add or remove HAT content based on the specific needs of each company or group.

Whether your business has many branch locations - each requiring its own HAT website - or your business offers wellness services to multiple companies, the VAR version of Health Activity Tracker™ is your best option.

Health Activity Tracker™ - Easy to use, economical, and effective.