



## Your Care

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Your Care is a leading health management platform that delivers effective, evidence-based interventions to help people live happier healthier lives - one healthy day at a time. This helps businesses engage, inspire and improve the health of their employees and customers.

Crucially, all elements of the platform are underpinned by an unprecedented level of evidence and clinical validation in partnership with leading UK universities and presented to the end-user through an engaging platform that delivers a personal, effective health journey,

The Your Care platform is made up of the following components:

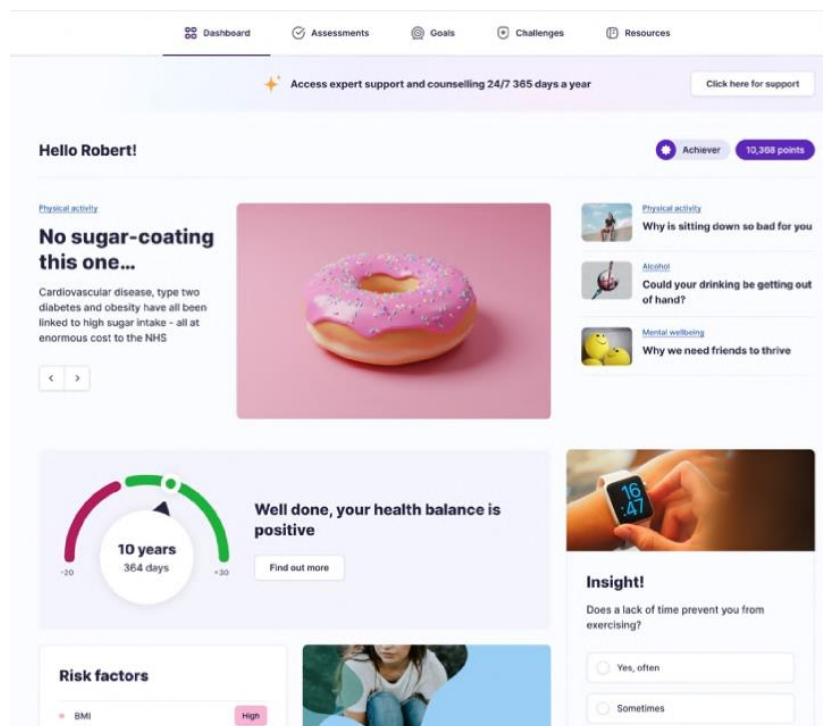
**Physical, mental and emotional wellbeing**- evidence based resources, assessments and programmes with measurable impact generating meaningful and valuable data insights for users and organisations.

**Recognised behavioural change model** – delivering personalised gamification, signposting and support in the right way at the right time. Multiple touch points with the employee is key! Intelligent machine learning gives the user wellbeing support in a coaching manner, coupled with our notifications engine allowing for initial engagement at launch continuing with ongoing interaction throughout the employee's journey.

**“Healthy Days” – Intrinsic Gamified Reward system** – supporting users to gain Healthy Days of life through intrinsic motivation to make sustainable, long-term behaviour changes

During on-boarding each employee will complete 8-10 questions, allowing the employee experience to be tailored from the minute they engage with Your Care as well as gaining key insights for your organisation into the health and wellbeing priorities and underlying risk factors of your employees.

The employee has their own, confidential, personalised dashboard, providing a guided health recognition and improvement journey, specific to each individual's needs. The dashboard is packed with calls to action, suggestions and prompts, providing direct links to all features, health and wellbeing support services, content carousel, campaigns and interventions and recommended next steps.



Our suite of validated health assessments cover a full range of health, wellbeing and lifestyle factors; Quealth, The Big Five - Cancer, Diabetes, Dementia, Lung, Cardiovascular, Energy, Mental Wellbeing (WEMWBS), Depression (PHQ-9), Anxiety (GAD-7), Financial, Alcohol (AUDIT Screening Tool)

All our assessments include our smart signposting to relevant interventions as part of the personalised customer health journey, based on individual employee risk factors.

