



Large Group



***Wellbeing for all
is now within reach.***

See how VitalizeSM can help
you care for your team – and your business.



Let's empower your team to take control of their health.

Western New Yorkers work hard. That's why accessing the resources needed for all aspects of health should be easy. At Univera Healthcare, we're here to provide technology that empowers your teams to take control of their health. We're talking about tools for engagement, rewards for prioritizing a healthier lifestyle, and support for overall health and wellness.

It's a different approach to caring for your workforce and ensuring better health and financial outcomes. Because that's exactly what your business deserves.

Meet Vitalize, a digital platform that places the power to live better at Western New Yorkers' fingertips.

Our partnership with Virgin Pulse will give employees the tools to make small, everyday changes to their wellbeing that are focused on the area they want to improve the most. They'll build healthy habits, have fun with friends, and experience the lifelong rewards of better health and wellbeing.

Within Vitalize, employees will have the ability to:



Connect a fitness tracker so they can log activity and watch for small improvements over time.



See a clear picture of their health with a certified Health Risk Assessment called Health Check.



Set their interests by choosing to work on an area that matters the most to them, like eating habits, sleep, physical activity, relationships, or finances.



Add friends and family, connecting with up to 10 others to help encourage and motivate one another.



Rally coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.



Use the digital coaching tool to make simple changes to their health, one small step at a time.

Vitalize will be available to employees through the Virgin Pulse mobile app and web browser.

* Embedded for all Fully Insured group plans with the exception of Minimum Premium arrangements. Buy-up option available for Minimum Premium and Self-Funded group plans. Subject to DFS approval.

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Univera Healthcare. Subject to final contract terms

Reward your team for living well.

Health is meant to be rewarding. That's why Vitalize offers a suite of rewards programs designed to provide employees with helpful incentives for getting and staying healthy. We have several different plan types available based on the incentives that you are looking to offer your team.

	Vitalize*	Vitalize Rewards**				
Features		1	2	3	4	5
Annual Rewards		\$1,000	\$500	\$600	\$500	\$1,000
Health Risk Assessment (Health Check)	✓	✓	✓	✓	✓	✓
Health Risk Assessment (Health Check) Reward		\$25	\$25	\$50	\$20	\$25
Preventive Screening/ Annual Exam Reward					\$30	\$30
Journeys® Digital Coaching	✓	✓	✓	✓	✓	✓
Daily Cards	✓	✓	✓	✓	✓	✓
Healthy Habits	✓	✓	✓	✓	✓	✓
Challenges	✓	✓	✓	✓	✓	✓
Fitness & Sleep Tracking	✓	✓	✓	✓	✓	✓
Media Library	✓	✓	✓	✓	✓	✓
Employer Branding			✓	✓	✓	✓

Employer branding may be available. Talk to your account service representative.

* Embedded for all Fully Insured Large Group plans with the exception of Minimum Premium arrangements. Buy-up option available for Minimum Premium and Self-Funded group plans.

** Buy-up for all Large Group plans. Annual reward total reflects the amount that can be earned for subscriber/spouse or domestic partner contract.

Earning rewards is easy.

Rewards are a combination of a points and levels game structure with the addition of specific action rewards. This setup allows employees to focus on a few specific actions to earn a reward and will also give them a game experience of working through levels.

Employees will start by registering and setting up their online account for points. As they complete healthy activities such as step tracking, Journeys, and Daily Cards, they'll move through levels and continue earning points. When they reach milestone levels, they'll unlock Pulse Cash rewards that they can redeem for gift cards and merchandise.

For rewards packages 1, 2, and 3, action rewards can be earned by completing the Health Risk Assessment. For rewards packages 4 and 5, action rewards can be earned by completing the Health Risk Assessment and by completing a preventive screening.



Vitalize certified partners:

Customize a wellbeing program that works.

Through several of Virgin Pulse's certified partners, you can customize your Vitalize experience to the needs of your employees.

These programs focus on the physical, mental, emotional, and financial wellbeing of your employees.

Name	Description	Cost
Headspace*	Transforms employees' health and happiness with Headspace's mindfulness training, so you can help your employees manage everything from stress and anxiety to focus and sleep. This will be embedded in all Fully Insured group plans.	\$
Koa Health	Provides effective, accessible mental health resources across the continuum – addressing the need to support employees and meet their needs at all points in their unique journey.	\$
Wellbeats	Empowers your employees with fitness, nutrition, and mindfulness classes that fit their new normal. Wellbeats' high-quality, expert-led fitness classes offer something for everyone, whether they are an expert at yoga or new to running, looking for ways to relieve stress or only have five minutes to unwind.	\$\$
Gympass	Offers access to gyms, studios, and a suite of online classes so employees can stay active and well, wherever they are. Whether your company is in-person, remote, or somewhere in between, Gympass supports every employer and employee.	\$\$\$\$
Noom	Provides a clinically validated digital weight management program, to help users achieve and maintain a healthy weight through personalized content, tracking tools, and one-on-one coaching and community support.	\$\$\$
Monj	Offers a nutritional and weight loss digital program backed by behavioral science. Monj Health provides a mix of coaching, skills-based learning, and rich digital curriculum to address and reverse the largest causes of lifestyle-related imbalance and disease.	\$\$
FinFit**	Provides a self-directed online experience that helps employees improve their financial wellbeing and become financially stable. Through personalized financial assessments, premier educational resources, and one-on-one financial coaching, employees are motivated to increase their financial knowledge and change their behavior to better manage their finances.	\$

* Embedded for Fully Insured Large Group plans as Calm® replacement

** Available to Self-Funded business only



Go with a proven approach to employee wellness.

From better health outcomes and reduced absenteeism to cost reductions, Vitalize delivers big benefits for businesses and employees.*



of members reported **decreased stress levels**, critical for mental health



of high-risk hypertensive members **reduced blood pressure**



of members **improved clinical health metrics** across BMI, blood sugar levels, and blood pressure



of member respondents have **developed more positive daily habits**



of members **are more effective in their role at work**



reduction in absenteeism

\$1,029

per member average claims cost reduction

*2018-2023 data provided by Virgin Pulse



See what having wellbeing for all, all in one place, can mean for your business and your employees.

To learn more about how Vitalize can support your employees, talk to your broker or Univera Healthcare account manager today.

