



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

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

Large Group

univera[®]
H E A L T H C A R E

Right here.
For you.



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.

VitalizeSM in partnership with Personify Health

Wellbeing for all is now within reach



Meet Vitalize, a digital platform that places the power to live better at Western New Yorkers' fingertips. By partnering with Personify Health, Univera Healthcare is making it easier for you to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. You'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 by completing the online Health Check, a certified health risk assessment.



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 Journeys[®] digital coaching to make simple changes to their health, one small step at a time.



Vitalize is now included as a part of your health plan. Log into your member account to get started. Member.UniveraHealthcare.com



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	\$600
Health risk assessment (Health Check)	✓	✓	✓	✓	✓	✓
Health risk assessment (Health Check) reward		\$25	\$25	\$50	\$20	\$50
Preventive screening/ Annual exam reward					\$30	\$150
Journeys® digital coaching	✓	✓	✓	✓	✓	✓
Daily Cards	✓	✓	✓	✓	✓	✓
Healthy Habits	✓	✓	✓	✓	✓	✓
Challenges	✓	✓	✓	✓	✓	✓
Fitness & sleep tracking	✓	✓	✓	✓	✓	✓
Media Library	✓	✓	✓	✓	✓	✓
Step tracking						✓

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 Rewards Cash 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 package 4, action rewards can be earned by completing the health risk assessment and by completing a preventive screening. For reward package 5, action rewards can be earned by completing two to three preventive screening activities (these are claims verified), the health risk assessment, and monthly wellness activities.



Vitalize certified partners:

Customize a wellbeing program that works.

Through several of Personify Health'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.	\$
Enrich**	Delivers personalized education to help users understand their personal financial psychology and better cope with financial stress, motivating them to take action. This will only be available to self-funded groups.	\$
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.	\$\$
Monj	Offers a nutrition 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.	\$\$

* 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.*

52%

of members reported decreased stress levels, critical for mental health

66%

of high-risk hypertensive members reduced blood pressure

68%

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

78%

of member respondents have developed more positive daily habits

90%

of members are more effective in their role at work

18%

reduction in absenteeism



\$1,029

per member average claims cost reduction

*2018-2023 data provided by Personify Health



Ready to build healthy habits, get daily inspiration and experience the rewards of living your best life?

Univera Healthcare is excited to partner with Personify Health to offer you tools and resources to do all that and more.



Scan the QR code to get started or
go to Join.PersonifyHealth.com/Vitalize.

You will need an 11-digit member ID. Subscriber: 9-digit subscriber ID number + 00 (e.g., 98798798700) Spouse/Domestic Partner: 9-digit subscriber ID + 01 (e.g., 98798798701)

