



Introducing The New Face of Wellness



POPS HEALTH®

Complete Simple Affordable Fun

Services: Corporate Benefits

Healthier Organization

'Turn-key' approach changes the health of Companies one employee at a time. On-site coaching, supported by 'live' phone and internet integration, motivates change and reinforces good health practices for employees. Pops delivers comprehensive solutions and healthier employees.

Lower Healthcare Costs

Our mission is to lower healthcare costs through improved employee, and dependent, health. Lowering costs comes through decreasing healthcare claims, and increased employee productivity. Pops programs elevate health as a priority for the organization, fostering a safer workplace, positive employees, and a consciousness of health.

Measurable Return on Health™

Pops Health programs target measured aggregate health risks for each unique organization. By targeting the most substantial health risks of the organization, Pops Health is able to return the greatest overall improvement in health. Pops Health anticipated results are supported by over 73 published studies of worksite health promotion programs showing an average \$3.50 return for every \$1 invested by the organization (Am J Health Promotion).



pops Health.com

Dedicated management web portal

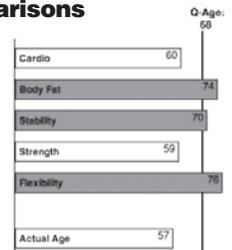


POPS HEALTH® unique Fitness Evaluation Testing and Physical Fitness Instruction improve employee wellness, yielding a healthier bottom line for your company.

Services: Employee Benefits

Easy to Understand AgeGauge™ Comparisons

Proprietary software converts on-site test and health history data into simple-to-understand age equivalent measurements of health. Pops Health compares Chronological age to formula age in a unique visual AgeGauge of health for every participant.



Physical Fitness Instruction

Our health coach designs weekly workouts for employees to perform together at their work gym or outside establishment. Emphasis is to build employees relationships through teamwork and communication through exercises.

Personal & Confidential Health Web Portal

As with doctor and hospital patient confidentiality, we maintain HIPAA equivalent protocols and procedures.

In Person & Live Health Coaching

The most effective method of jump-starting health improvement is with 'live' Coaching, supported by phone and internet based coaching platforms. Pops Health has an integrated Health Coaching Platform that's both affordable and effective.

Group Coaching Option

A very effective way to communicate between employees and health coach. This options allows group based interaction and the ability for employees to see health coaching topics/discussion from multiple points of view.

Our tests convert health history to age equivalent values giving your employees an easy to read AgeGauge™ of their health.

Our streamlined system functions equally in large or small organizations, to offer you a global-scale service at an incredible value for your company.

We know that the best results always come from individuals who are inspired and enjoy the process. Our dynamic programs are designed to be friendly and fun.

Our mission is to provide all employees with up to date nutritional and exercise information. Our foundational nutrition knowledge and prescription is based upon working with employees on their macronutrients; carbohydrates, proteins and fats. We regulate their intake based upon goals and past eating consumption and habits. Along with regulating their macronutrients the employees receive knowledge of what foods to consume that will set them up for the best route of success. With the knowledge of WHAT foods to consume and how MUCH the employee will be set on the best path to success in changing their nutritional habits.





The **POPS HEALTH**® Process

Company POPS HEALTH Employees

Sign up
Your company initiates a contract

1



Set up
POPS HEALTH performs analysis and assigns on-site coaches

2



HRA scheduled
POPS HEALTH schedules the initial Health Risk Assessment for all employees



3



Promotion
POPS HEALTH manages pre-promotion of on-site testing, coaching and programs



4



Initial HRA
POPS HEALTH performs initial HRA on-site with all employees



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Goals and Programs
Individual and employer goal development and program implementation



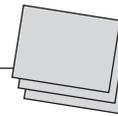
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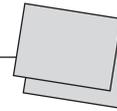


Initial HRA Reporting
POPS HEALTH provides analysis and reporting to Company and Employees



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On-site Coaching
Our Coaches establish goals, offer health support and assess progress with all employees



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Victory Days™
Our Coaches are available for progress assessment and retesting



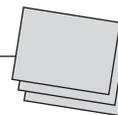
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Aggregate Reporting
Monthly health risk reports provided to Company Management



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Minimum Monthly Repeats

