STEP HEALTH the HOWTO

Personalized Activity Solution

For partners and those they serve whose health, well-being or pocketbook will benefit from increased physical activity.

ACTIVITY PLAN Initial activity program **Program adapts** as user progresses **ENGAGEMENT Duration ≯** Long **⊙** Speed Messaging 3.7 mi 08 mph **Rewards** • 0 0 0 **Speed Distance** 079 🔨 **Heart rate** Coaching & Intensity **Insights ANALYTICS** CONTEXT **Insurance Underwriting Data** Classification **Activity History Physiological Demographics Status Data** 07 12 18 Comparison **Physiological Fingerprint**[™] **Terrain**

The expert guidance provided by Step Health is as personalized as one receives from a clinician or personal trainer, yet is affordable and delivered with the continuous feedback available from an activity-tracking wearable or smart phone.

Experience

