



AVIDON HEALTH

# Digital Wellness Solution

for small and mid-sized businesses



# Our Expertise

Avidon Health is an award-winning health coaching solution, empowering over 500 leading organizations to transform health behaviors through an innovative digital health coaching platform.



2022 Deloitte Technology  
Fast 500 Company



2022 Winner of Best  
Virtual Health Coach



2023 Inc. 5000 Fastest  
Growing Company





# Our Approach



**Create a more personalized experience by leveraging our vast library of Behavior Change Content and multimedia assets... plus add your own materials!**

- Evidence-based education created by subject matter experts
- Short, current, and easy to understand
- Edit existing materials and upload your own custom pieces

***The Pillars of Lifestyle Medicine and Beyond***



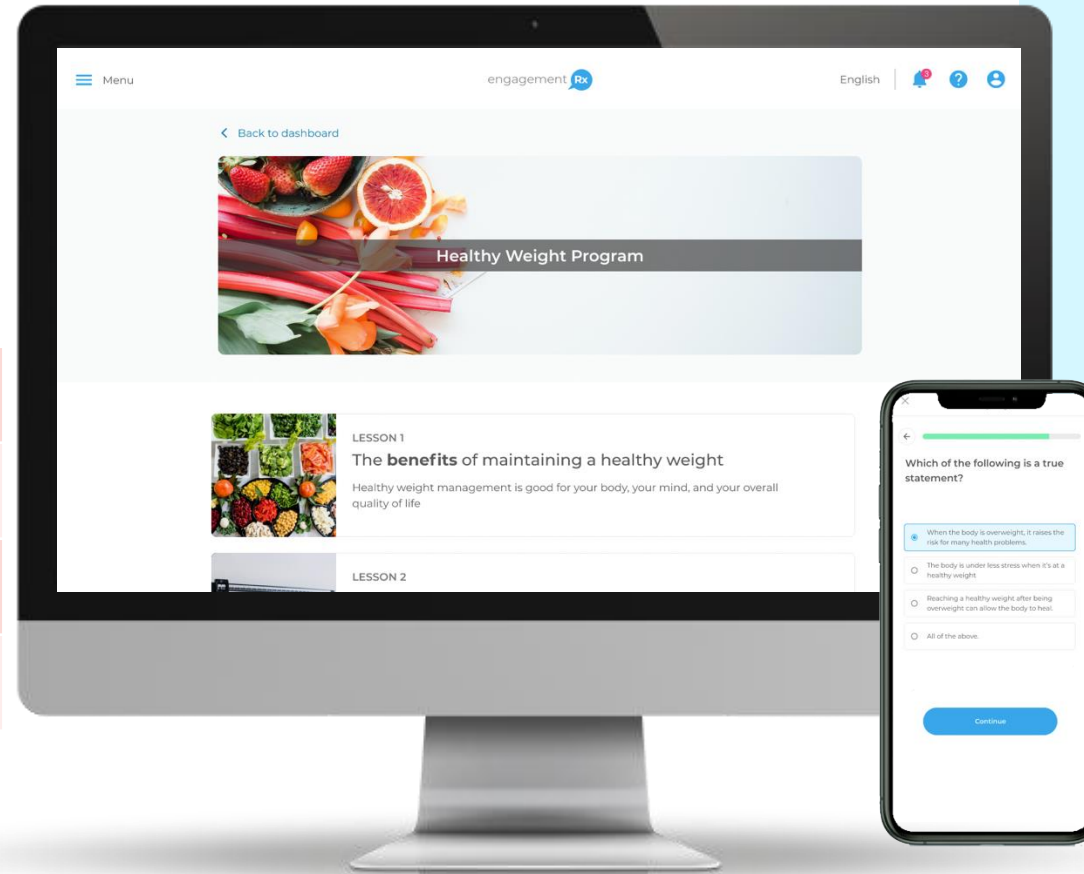
# Behavior Change Courses

NON-CALENDAR

## Quick yet comprehensive learning that fits into busy schedules

- Self-guided online courses
- Short, on-demand modules for convenient learning
- Automated reminders and check-ins
- Content written at 6<sup>th</sup>-grade level

Typical Session Length	~4-7 minutes
Course Length	~15 min (Microlearning) ~60-90 min (Standard)
Content Type	Text-based lessons, some short videos
Curriculum Type	Ad-hoc, no schedule



## Current Topics

- Financial Wellness
- Habit Building\*
- Healthy Weight
- Hydration
- Lifestyle\*
- Mindfulness
- Nutrition
- Stress\*

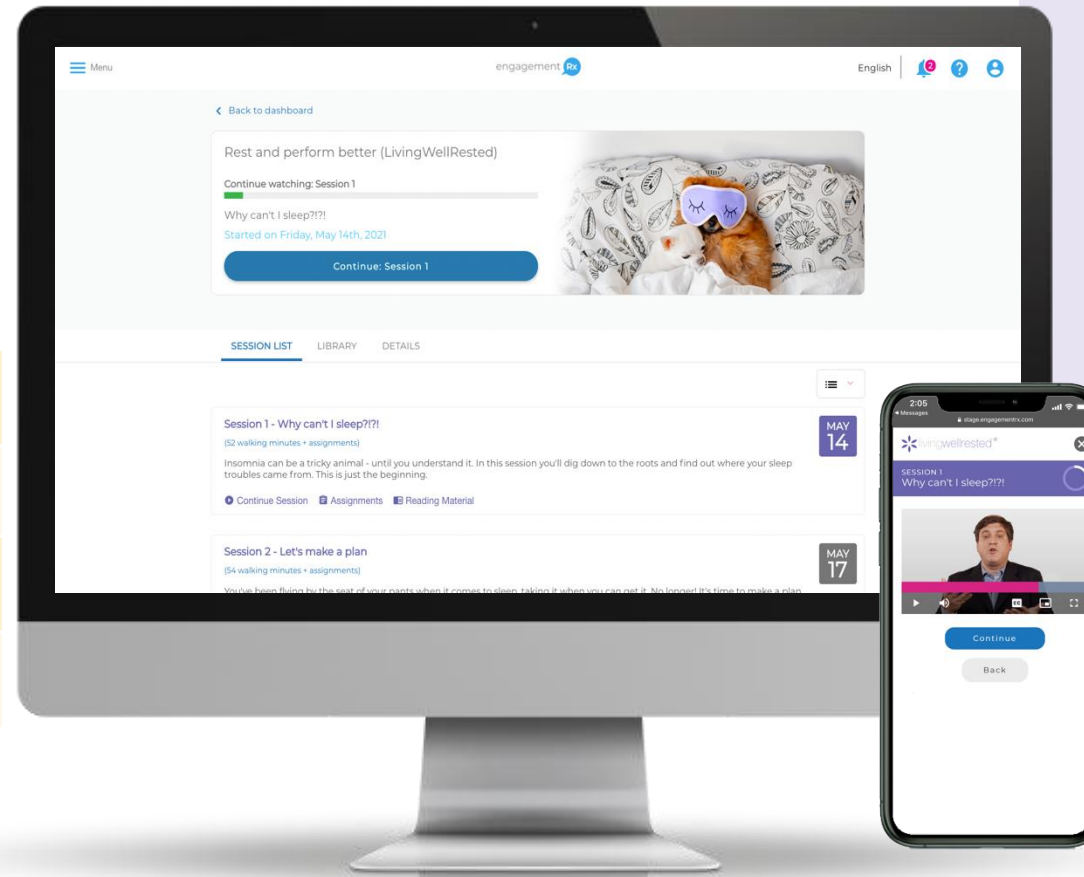
*\*multiple courses*

# Behavior Change Courses

CALENDAR-BASED

## Highly immersive multi-week digital learning experiences

- Self-guided online courses simulating live 1:1 training
- Derived from Cognitive Behavioral Therapy (CBT) combined with health coaching methodology
- "Cheat-proof" course player and calendar rules make these an ideal Reasonable Alternative Standard



## Current Topics

- Substance Use Disorder
- Stress
- Fitness
- Tobacco
- Food/Weight Management
- Alcohol
- Diabetes
- Sleep

Typical Session Length	15-45 minutes
Course Length	~2-4 weeks
Content Type	Video lessons, articles, audio files
Curriculum Type	Calendarized, multi-week

# Behavior Change Challenges

## Individual and Team Options

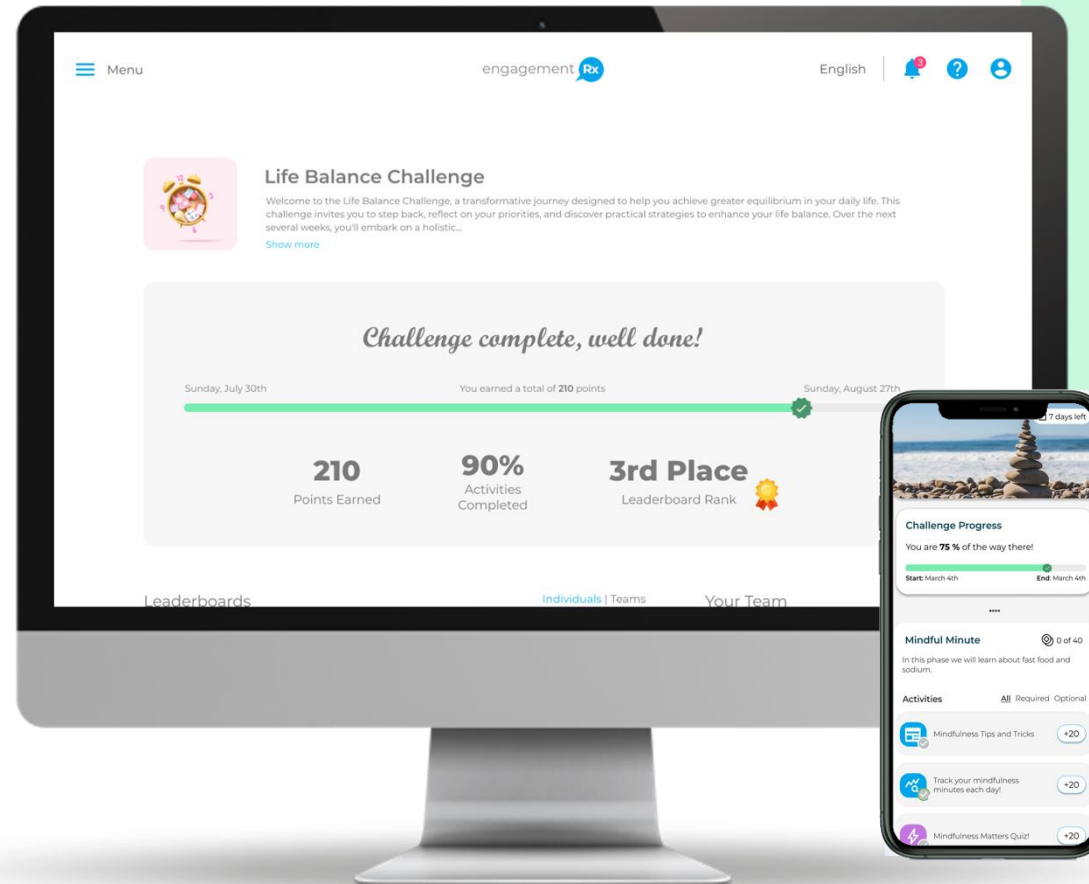
Take on challenges alone or as part of a team to add an extra layer of camaraderie.

## On-Demand and Scheduled

Keep members engaged regardless on when they are ready to get started.

## Leaderboards

Track individual and team progress, fostering friendly competition and promoting a sense of community.



## Current Topics

- Stress
- Wellness
- Mindfulness
- Self-Reflection
- Social Support
- Hydration
- Mental Health
- Exercise
- Workouts
- Nutrition
- Healthy Eating

# Health Trackers

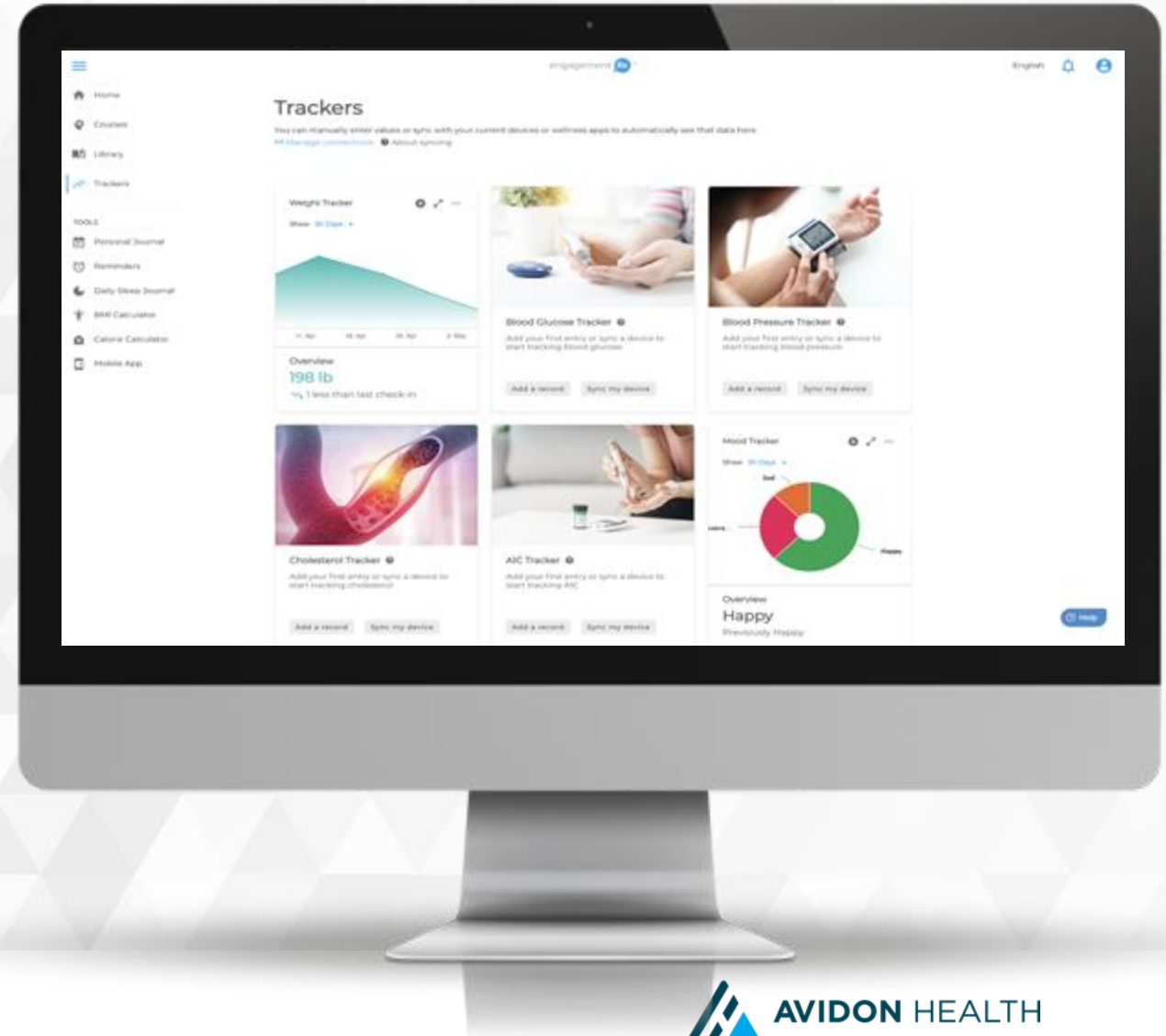
**Measure what matters most for your members and your organization.**

- Visualize all health data in one place
- Automate data collection within workflows
- Provide motivation and accountability



**300+**

*3<sup>rd</sup> party device connections*



# Enterprise-Level Technology Standards

## ACCESSIBLE

- **Multilingual** accessibility to serve diverse populations including Arabic, Chinese, English, French, Gujarati, Haitian, Hindi, Italian, Korean, Polish, Portuguese, Russian, Spanish, Tagalog.

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Languages

## PRIVATE

- Stringent **HIPAA standards** to safeguard patient records and uphold participant privacy
- **GDPR Compliant** with transparent data processing and enhanced user consent protocols



## SECURE

- **ISO27001 certification** for information security mgmt, demonstrating a gold-standard approach to data protection and business continuity
- **Enterprise-level encryption** with additional security and compliance provided via the Microsoft Azure cloud platform

