



AVIDON HEALTH

# A Digital Wellness Solution

for small and mid-sized businesses



# Our Expertise

Avidon Health is an award-winning employee wellness solution, empowering organizations to transform habits through innovative digital coaching and behavior change content.



2022 Deloitte Technology  
Fast 500 Company



2022 Winner of Best  
Virtual Health Coach

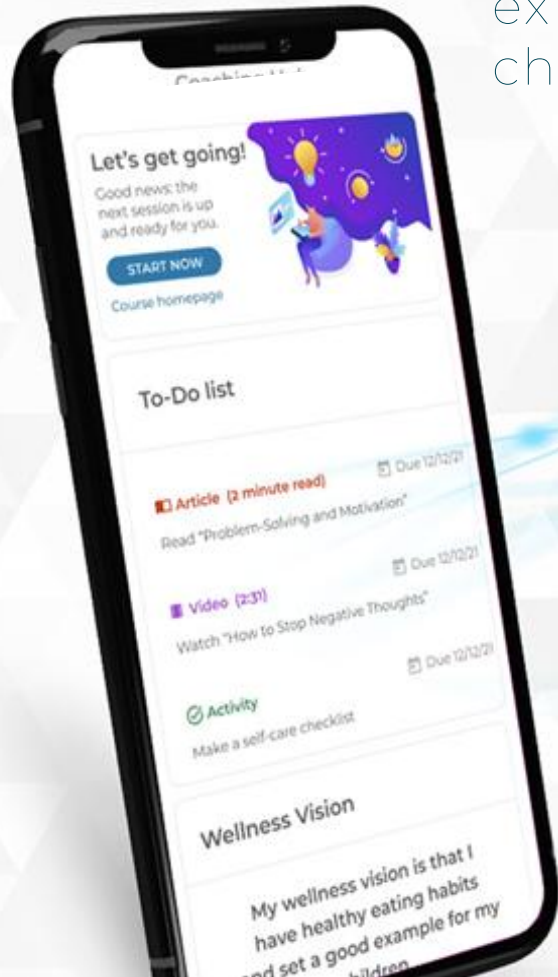


2023 Inc. 5000 Fastest  
Growing Company



# What's Included

A complete and interactive experience supporting behavior change in diverse participants.



**Comprehensive Courses**  
40+ programs targeting core health habits

**Engaging Challenges**  
New monthly challenges plus on-demand options

**Curated Resources**  
700+ articles, videos, and audio guides

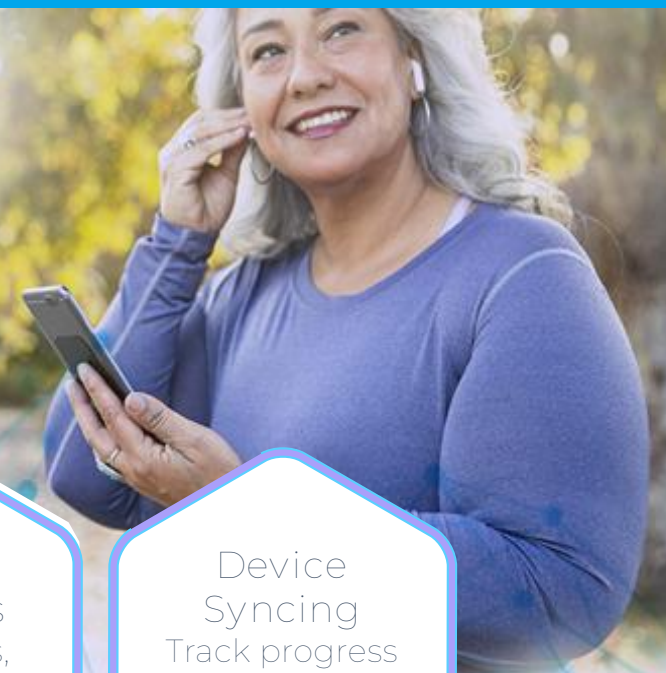
**Device Syncing**  
Track progress from 300+ connected devices

**Health Age Predictor**  
See how current habits impact overall health

**Wellness Vision**  
A personalized goal that guides the journey

**To-Dos**  
Step-by-step actions tailored to individual progress

**Messaging**  
Timely nudges and reminders that drive engagement

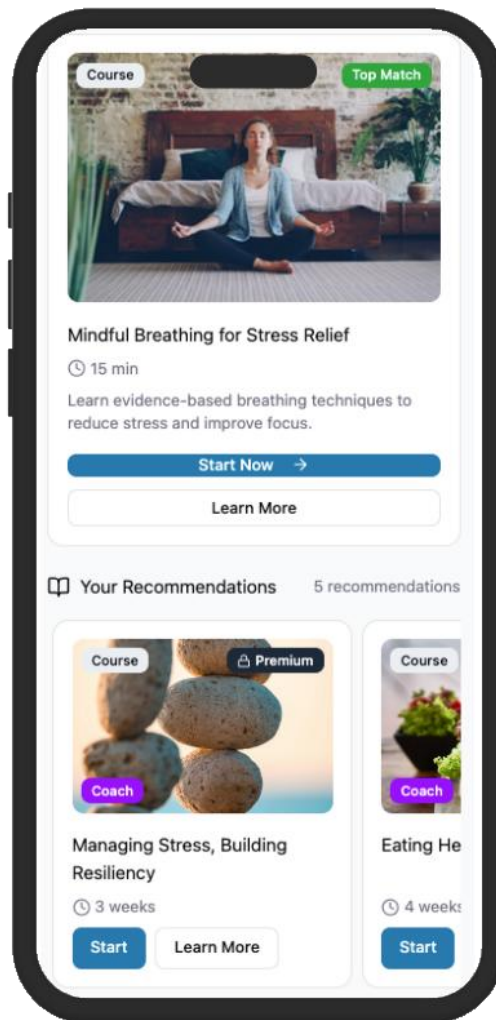


# Courses That Drive Behavior Change

## Current Topics

- Core Habits
  - Stress\*
  - Sleep
  - Nutrition
  - Healthy Weight\*
  - Fitness
  - Hydration
- Lifestyle & Mindset
  - Mindfulness
  - Habit Building\*
  - Lifestyle\*
- Specialty Areas
  - Financial Wellness
  - Alcohol
  - Tobacco
  - Substance Use Disorder
  - Diabetes

*\*multiple courses*



## Science-Backed Design

Built on CBT and coaching principles to help participants change habits in a predictable, lasting way.

## Flexible Learning Paths

Fast micro lessons for immediate progress plus immersive multi-week courses for deeper transformation.

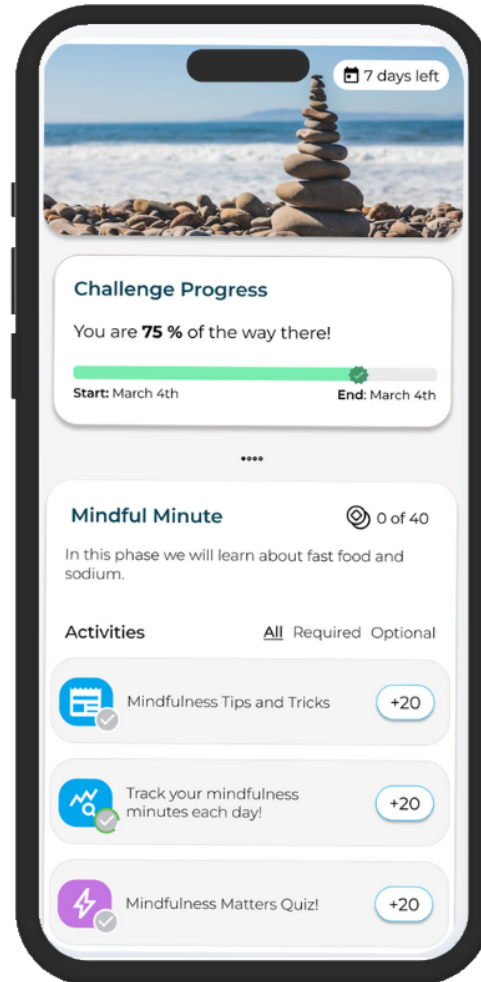
## Guided Engagement

Clear goals, reminders, and step-by-step learning keep participants active, accountable, and improving.

# Challenges That Build Better Habits

## Challenge Themes

- Healthy Daily Habits
  - Movement & Activity
  - Nutrition & Whole Foods
  - Hydration
  - Sleep Support
  - Stress Relief & Mindfulness
- Lifestyle & Personal Growth
  - Healthy Habit Resets
  - Time Management & Productivity
  - Mental & Emotional Wellbeing
  - Screen-Time Awareness
  - Connection & Social Wellbeing
- Specialty & Seasonal Themes
  - Heart Health
  - Brain Health
  - Sugar & Caffeine Reduction
  - Sun Safety & Summer Wellness
  - Outdoor Activities
  - Holiday Balance



## ● Fresh Challenges All Year

New themes keep participants motivated, curious, and consistently engaged.

## ● Simple, Flexible Participation

Short daily actions make challenges easy to start and easy to stick with.

## ● Leaderboard Motivation

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

# 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.

14

Languages

## PRIVATE

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



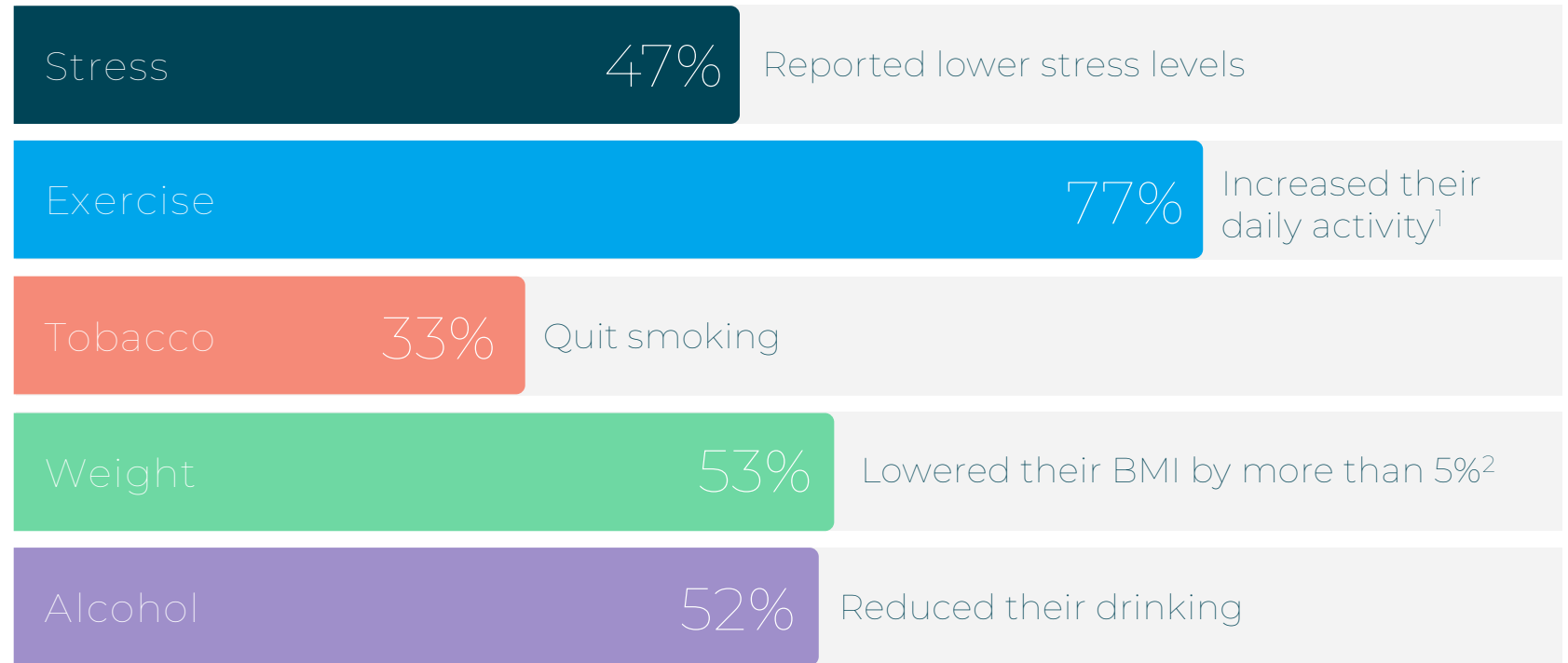
## SECURE

- 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



# Behavior Change at Scale

60,000+ participant annual Health Risk Assessment review comparing before and after at least one online course.\*



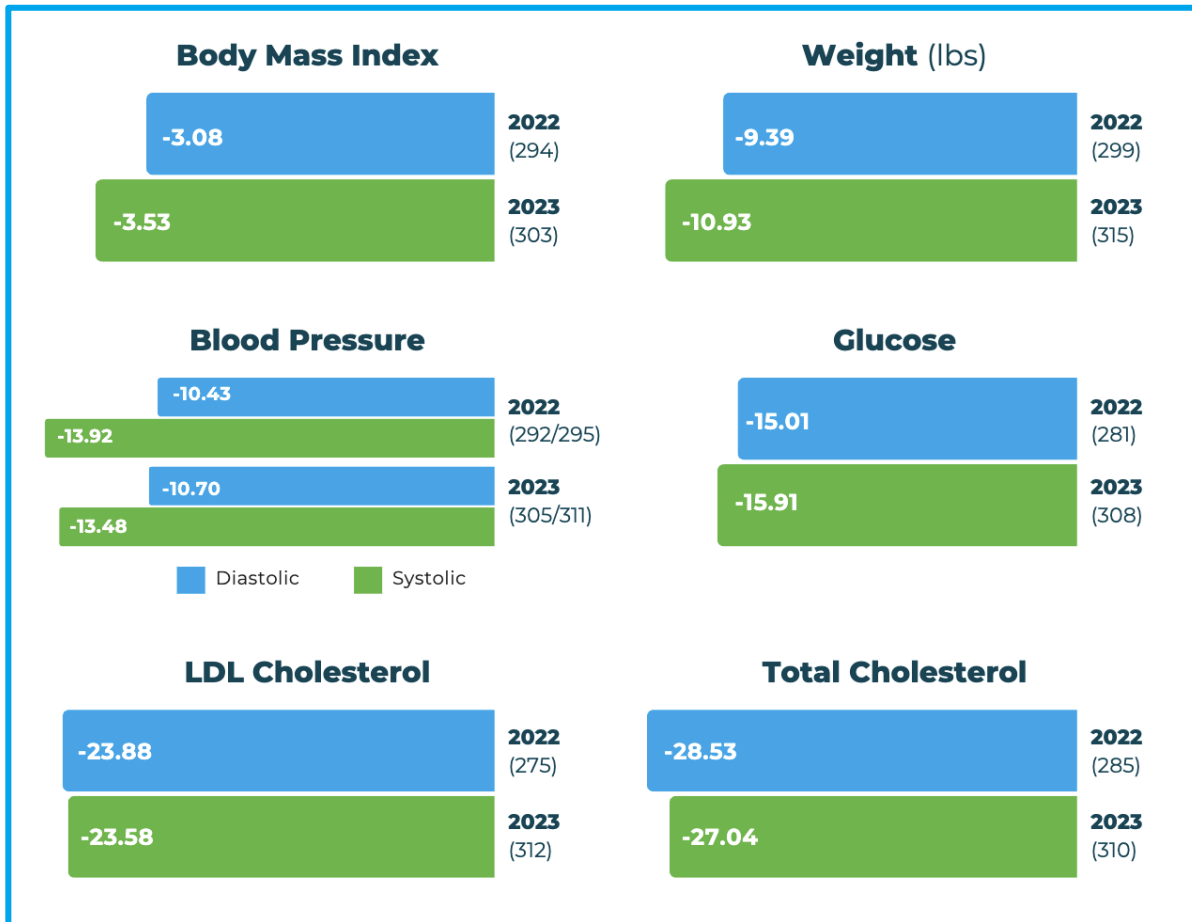
<sup>1</sup>Refers to those initially considered 'inactive'

<sup>2</sup>62% who were obese lowered their BMI (average 12% reduction)

\*No data was shared regarding potential impact of participation in other activities

# Long-Term Health Outcomes

Over 1,500 individuals tracked through annual biometric screenings demonstrated measurable health improvements using only Avidon programs, with no additional interventions.



5,000+

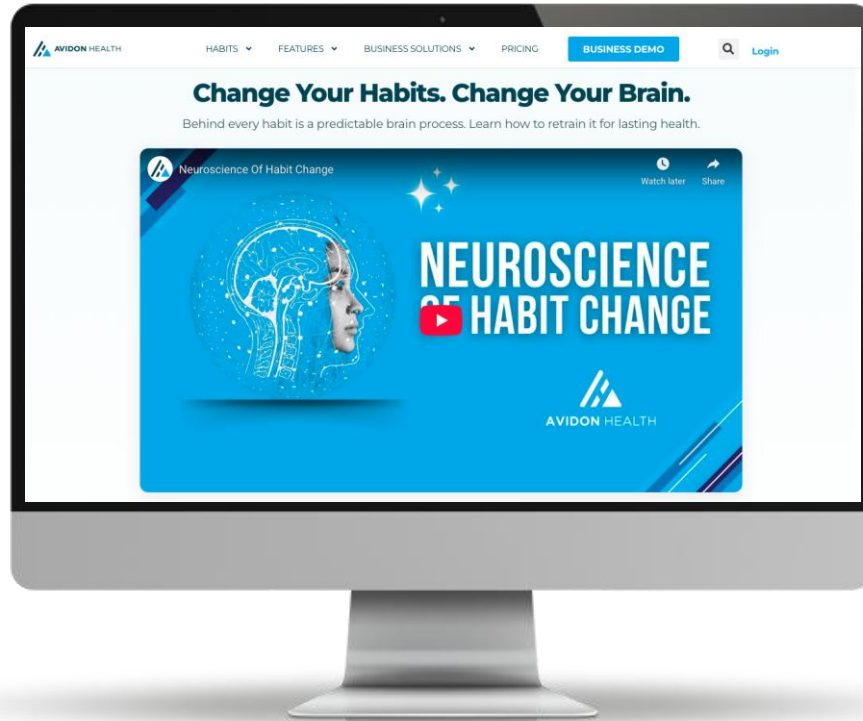
**health records logged showing meaningful improvements.**

## More Time = More Benefit

Of the participants tracked from year one, over one-third showed sustained improvements over two consecutive years, highlighting a strong link between longer engagement and better outcomes across all metrics.

# Ready to See the Impact?

Experience Avidon for yourself. See how it works and try the app firsthand.



How Habits Work

Scan to Try the App

