



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.



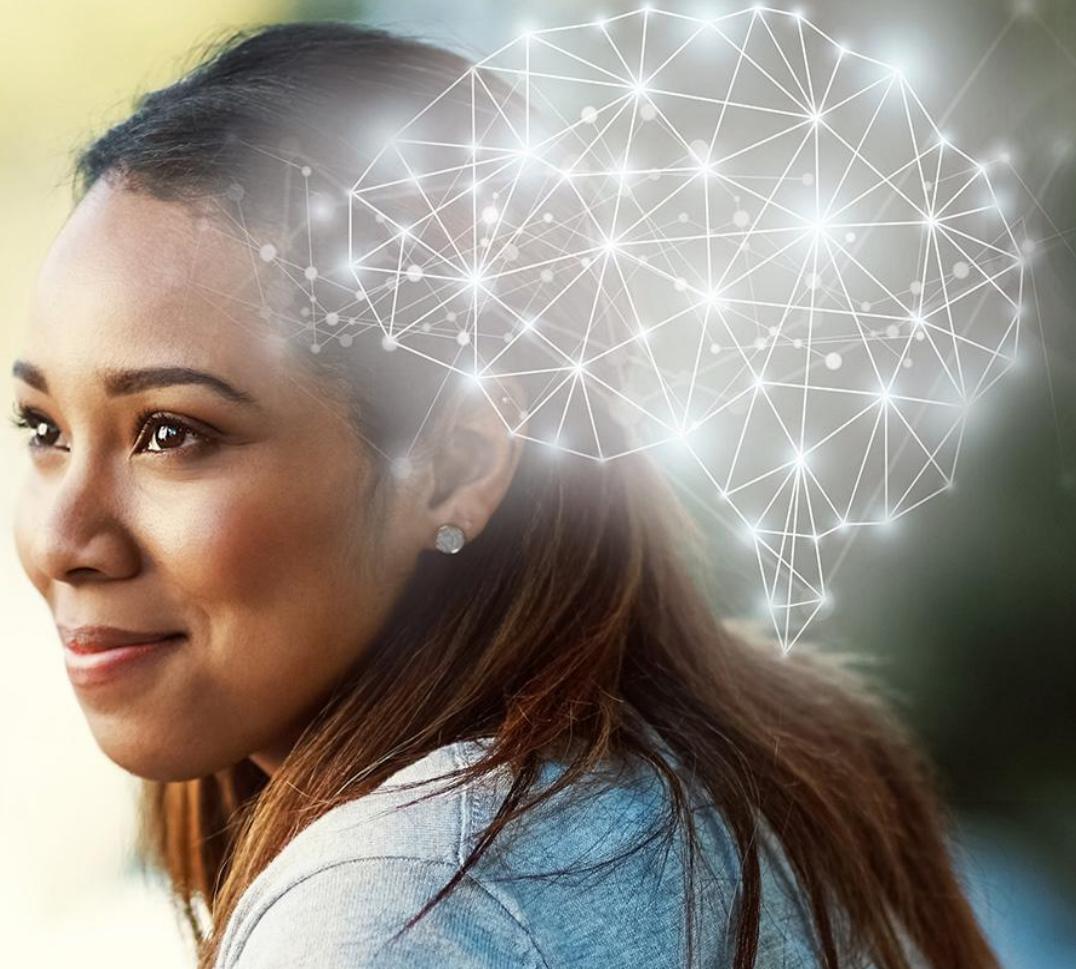
2022 Deloitte Technology Fast 500 Company



2022 Winner of Best Virtual Health Coach

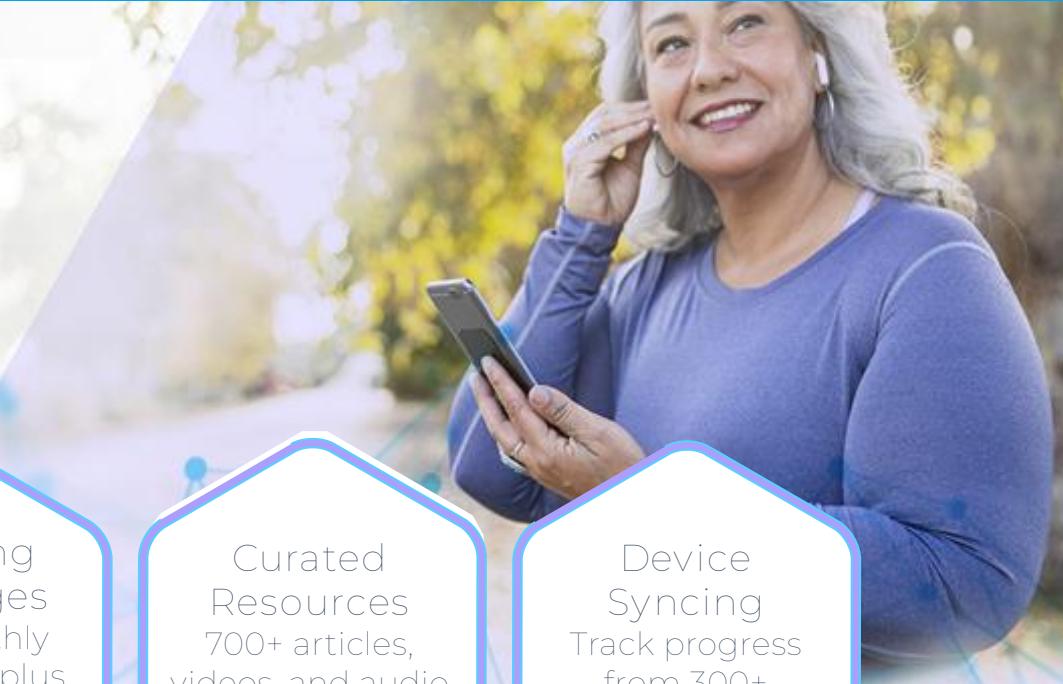
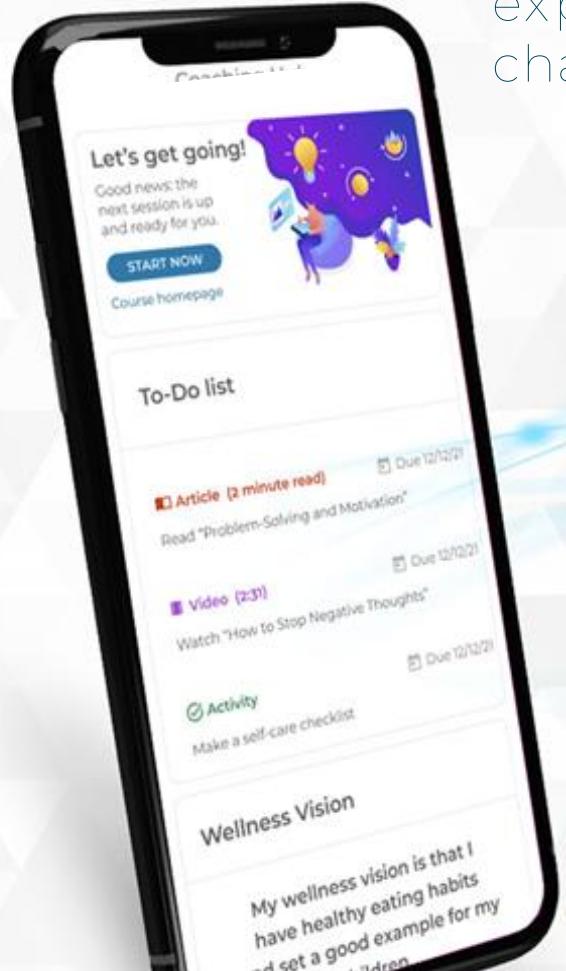


2023 Inc. 5000 Fastest Growing Company



What's Included

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

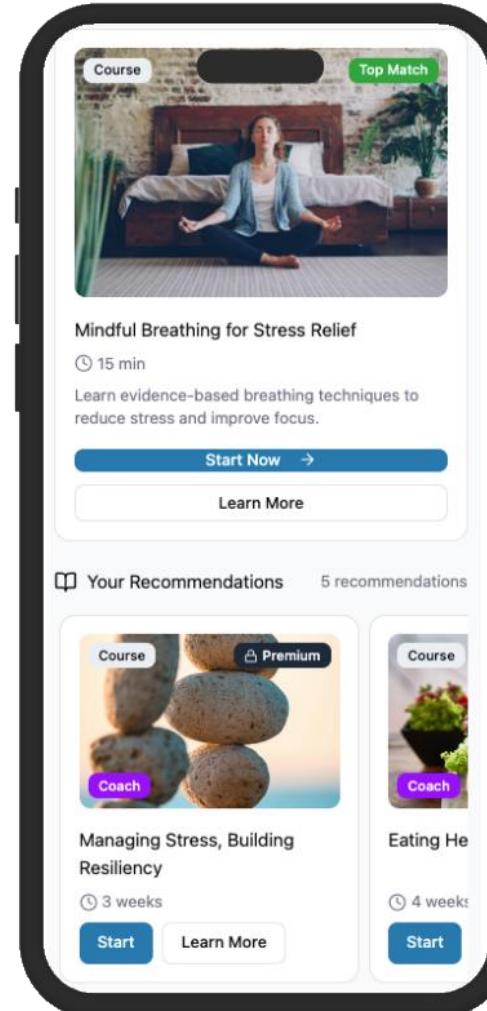


Courses That Drive Behavior Change

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.

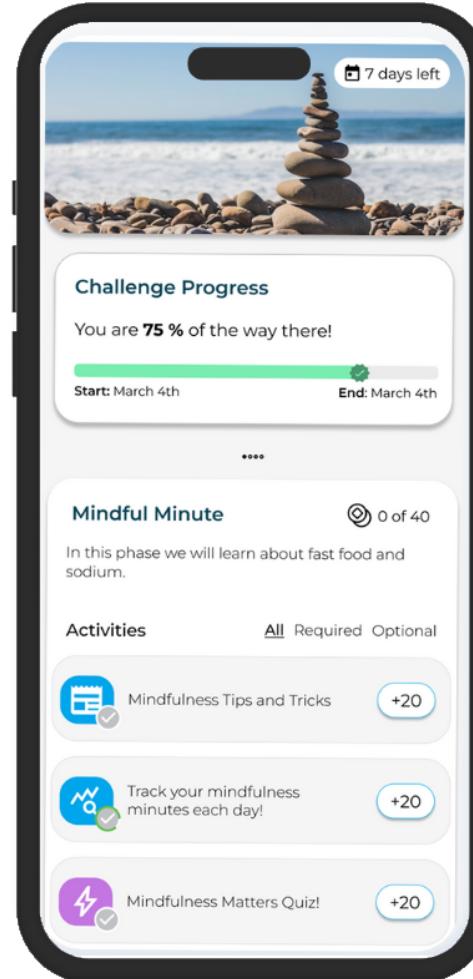
Guided Engagement

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



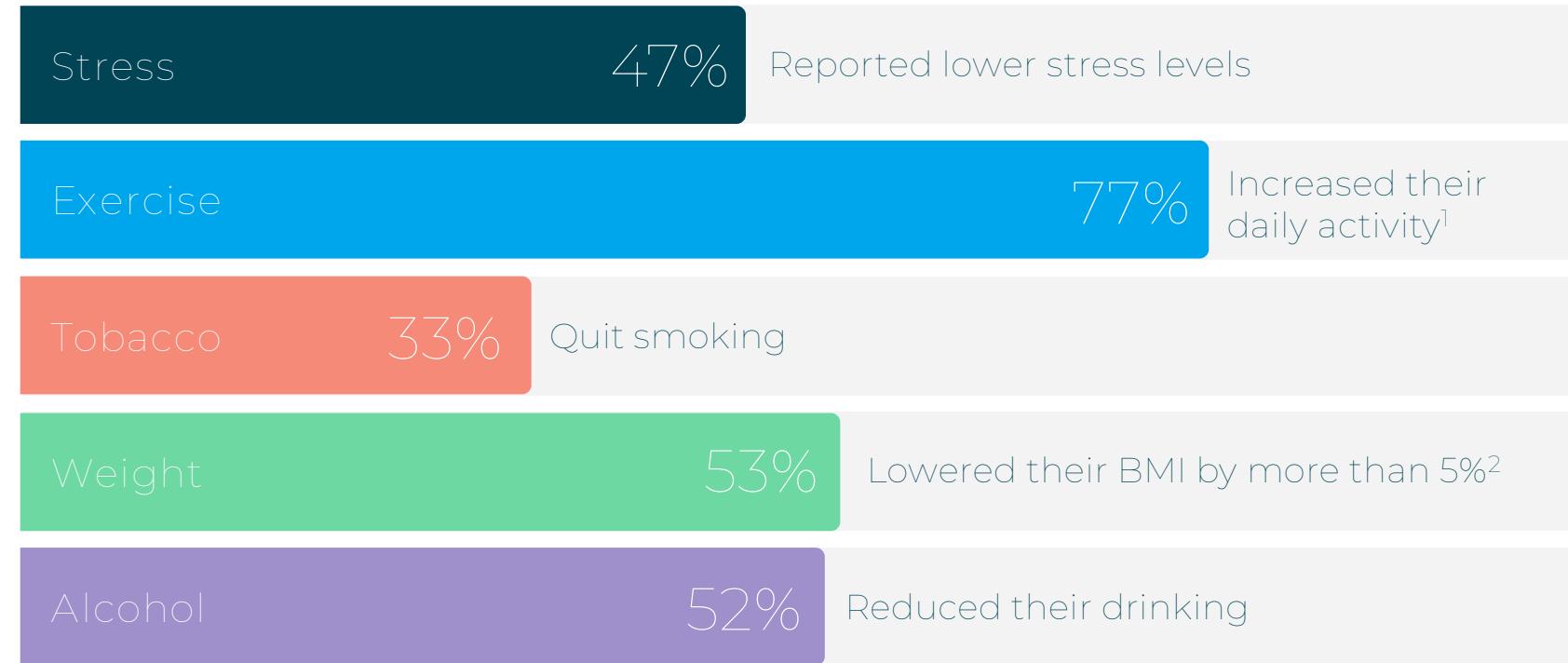
SECURE

- 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.*



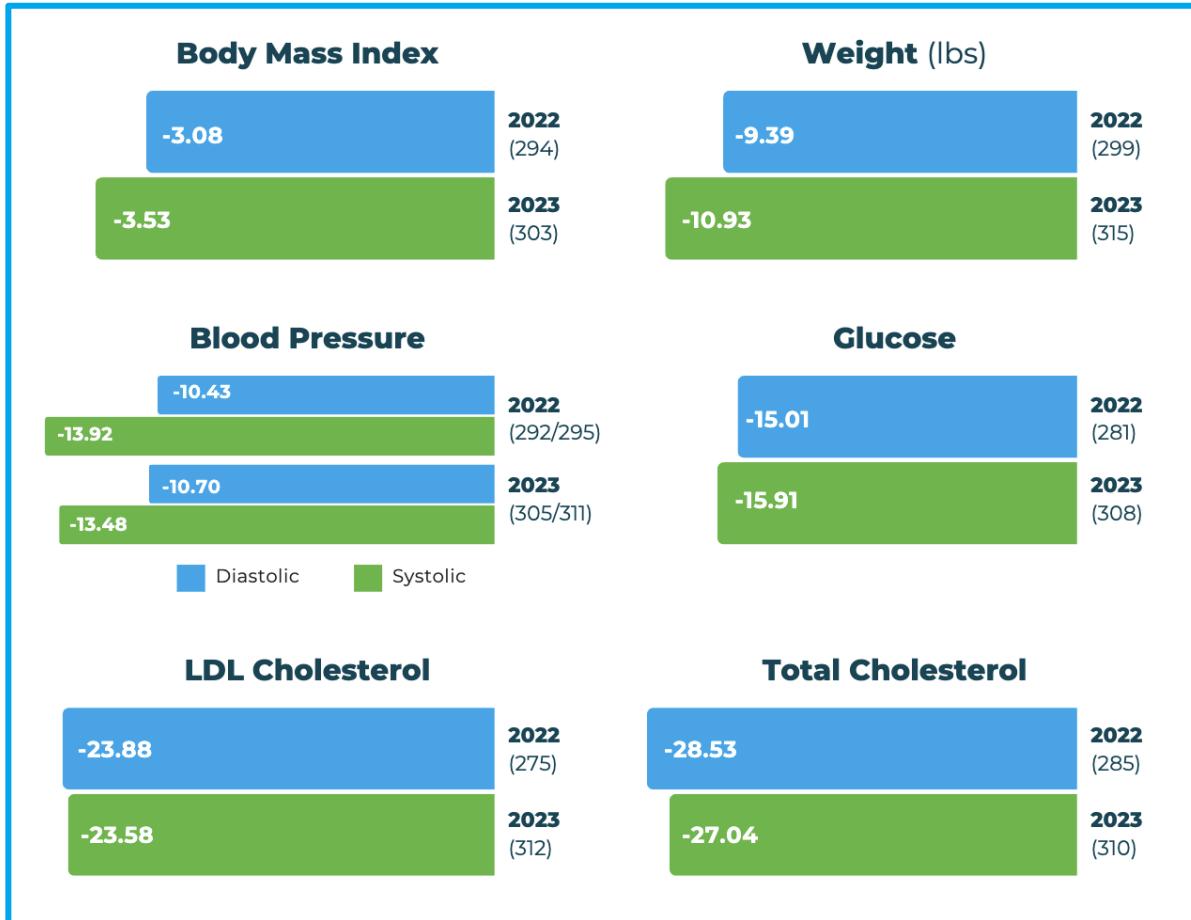
¹Refers to those initially considered 'inactive'

²62% 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.



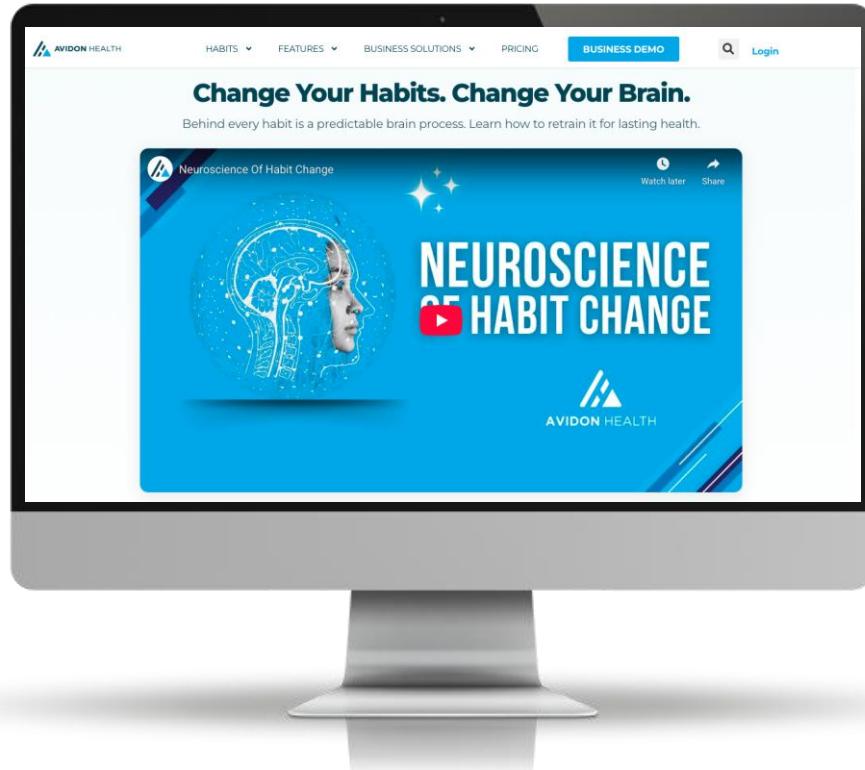
5,000+
health records logged showing meaningful improvements.

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.



Scan to Try the App

