



AVIDON HEALTH



You don't need another wellness platform, you need one that actually works.

## About Us

Avidon combines proven behavioral science with health coaching methodologies to help your people change unhelpful habits, build healthier ones, and achieve lasting results.

## Top Admin Features

- ✓ Custom Branding
- ✓ Bulk Member Communication
- ✓ Detailed Wiki and Live Support
- ✓ API and WebHook Integrations
- ✓ Engagement Tools Including Email Templates and Flyers
- ✓ Real-Time Reporting & Insights

## Why Choose Us?

88%

Accomplished at least one life-changing health goal.

89%

Felt more in control after 12 months.

85%

Became better equipped to manage stress.

94%

Saw measurable reductions in waist size.

Contact Us



855-224-0303



avidonhealth.com



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# CHANGING HABITS IS HARD. WE MAKE IT EASIER.

## Comprehensive Courses:



40+ programs designed to improve stress, sleep, fitness, nutrition, and overall well-being.

## Engaging Challenges:



20+ challenges turn healthy habits into fun, shared experiences that build momentum all year.

## Curated Resources:

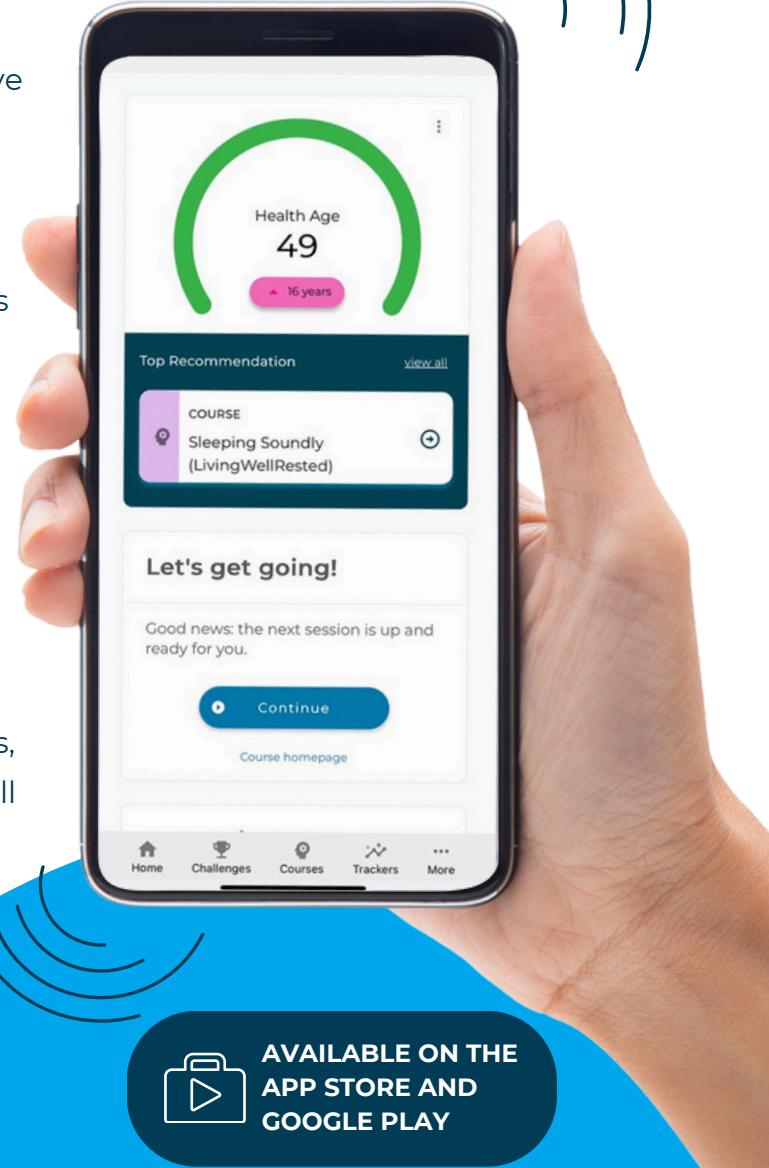


900+ articles, videos, and audio guides keeps fresh insights and inspiration coming

## Health & Lifestyle Trackers:



12+ built-in trackers for daily habits, with wearable device syncing so all progress stays in one place.



LEARN MORE AT:  
[AVIDONHEALTH.COM](http://AVIDONHEALTH.COM)



AVAILABLE ON THE  
APP STORE AND  
GOOGLE PLAY

# FREQUENTLY ASKED QUESTIONS



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## **Who is Avidon Health?**

Avidon is a digital wellness platform built to help organizations drive real behavior change. We use cognitive and behavioral science to help employees understand why habits form and how to replace them with healthier ones.

2

## **What makes us different from other platforms?**

Most wellness programs promise engagement. Then participation drops, admin work piles up, and leadership asks for outcomes you can't prove. Avidon is built to avoid that pattern. No "extra work" for your team. Just results.

3

## **What features are included?**

Everything needed to run a wellness program including: A full library of evidence-based coaching programs, monthly habit challenges, on-demand articles, videos, and guides, reporting dashboards with outcomes tracking.

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## **Do admins need technical expertise?**

No, your team can quickly and easily launch the platform as-is, or customize it as desired using intuitive drag-and-drop tools.

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## **How do costs compare to other platforms?**

Avidon typically costs significantly less than comprehensive wellness platforms with similar functionality. We're built to be affordable for small and midsize organizations, without sacrificing depth. See standard pricing at: [avidonhealth.com/pricing](http://avidonhealth.com/pricing)

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## **Can I purchase through my benefits broker?**

Yes, many brokers already work with Avidon. If yours doesn't, we will coordinate setup.



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