



2024 Capabilities

January 30th, 2024



Your Comprehensive Healthcare Partner



Single Source

Clinical Rigor, Experience, Outcomes

High Engagement

Personalized Programs

Unique Digital Health Experience



We Service Clients in All Industries



Health Systems



Private Employers

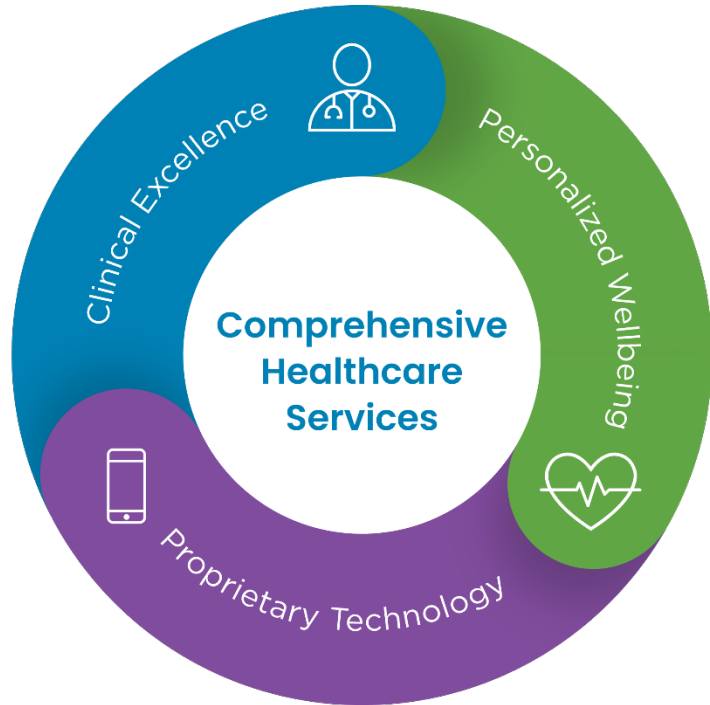


Federal, State and Local Government



Over 1,000 employee locations serviced

High Tech Meets High Touch



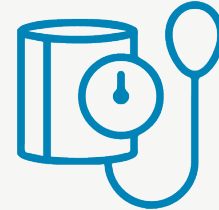
Founded in 2002

National provider of rapidly deployed, turnkey, scalable healthcare services

Onsite, near-site, mobile, and virtual solutions

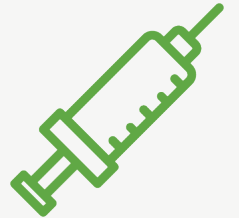
10,000+

health clinics delivered



1,000,000+

flu and COVID-19 vaccinations performed



2,000,000+

health screenings completed



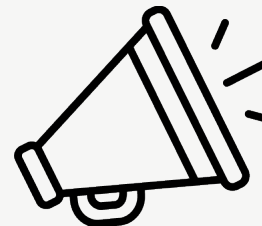
3,000,000+

tests administered



7,000,000+

coaching sessions conducted

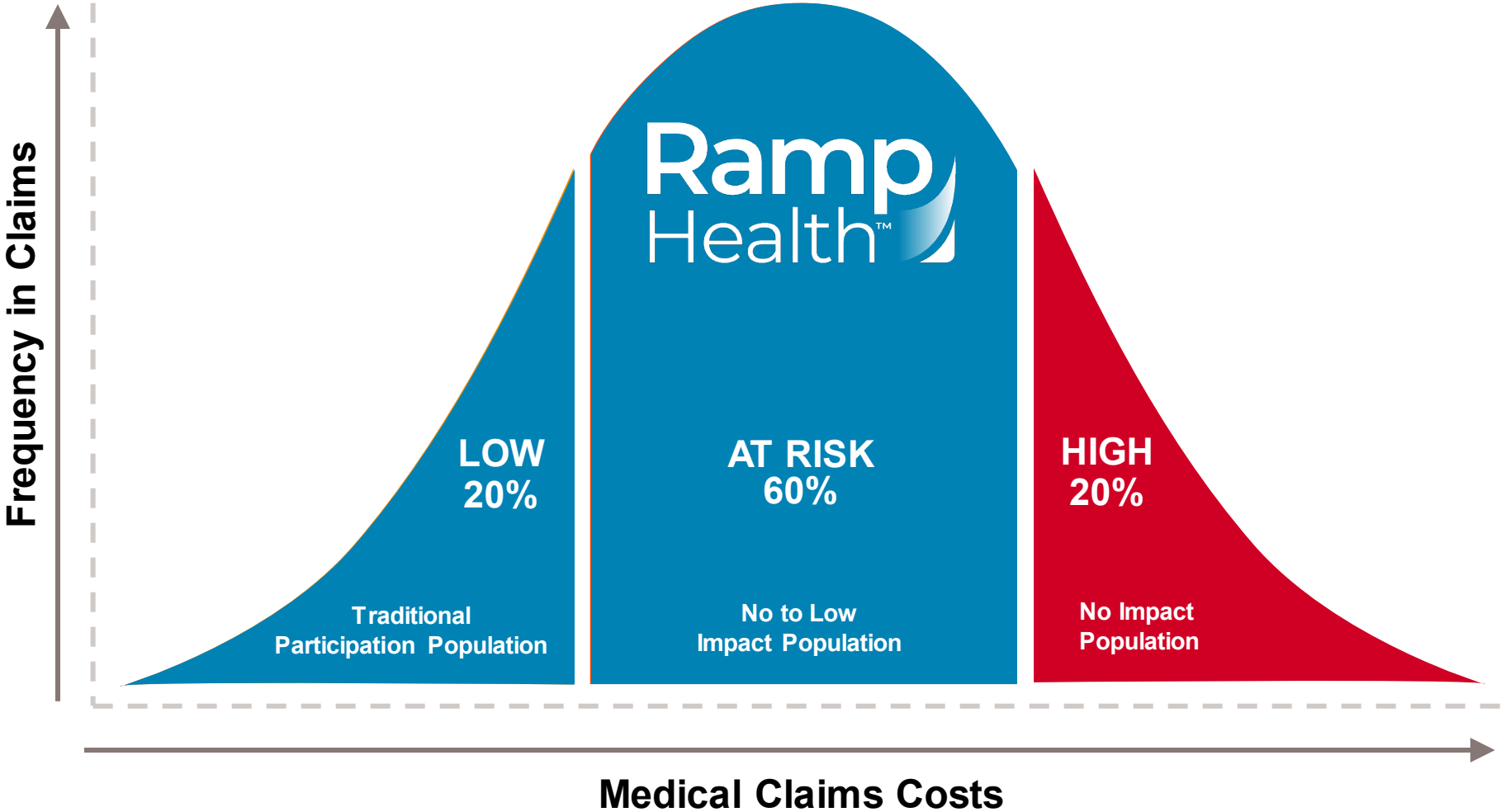


86%

employee engagement



Wellness Programs Current Impact vs Ramp Health Impact



Digital Health Platform

HITRUST Certified and HIPAA Compliant

Proprietary Technology that Drives Results

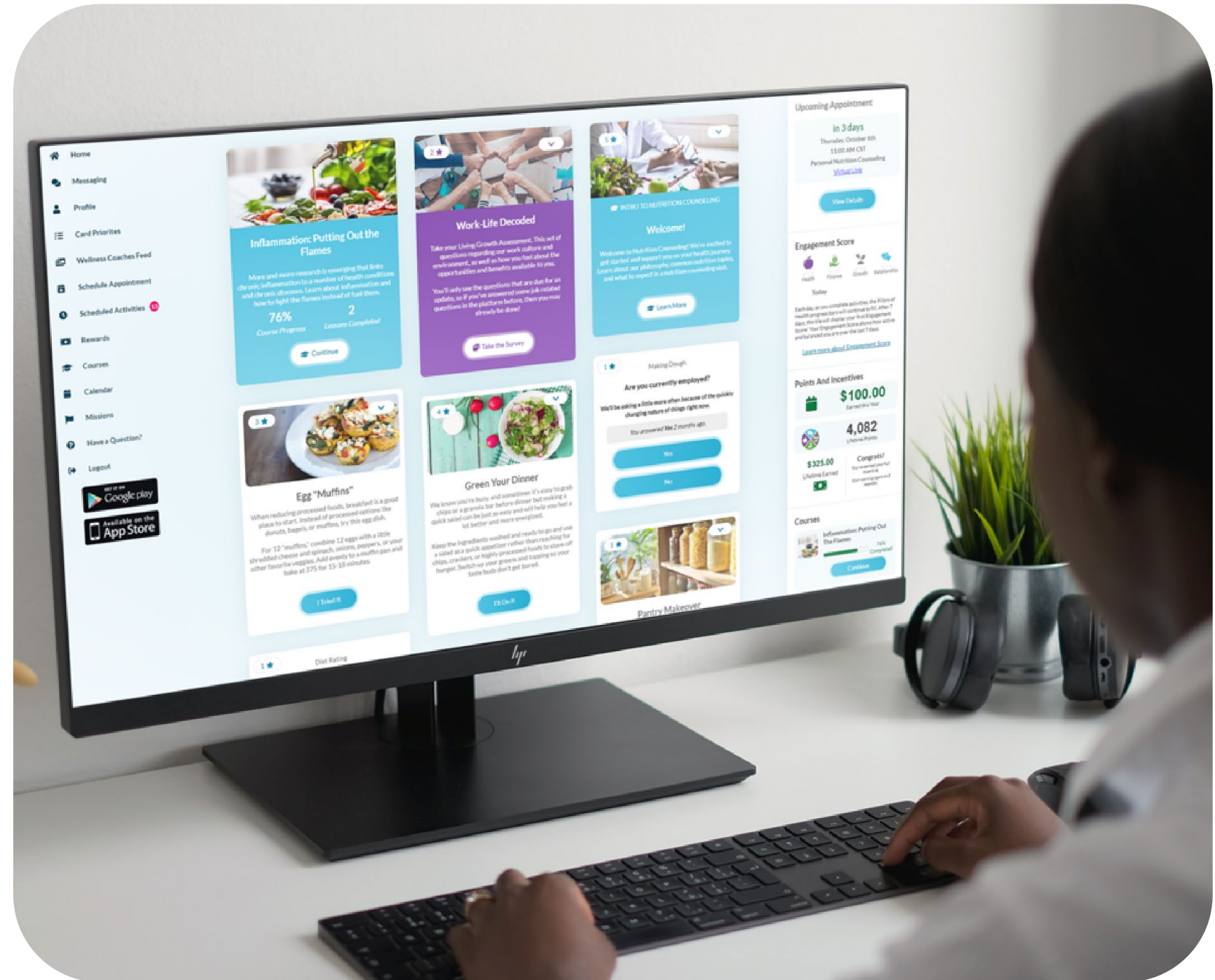
Best-in-Class Participant Experience

Insights into What Matters Most

Activities and Challenges

Configurability and Incentives

Capable of Supporting Up to 75 Languages!

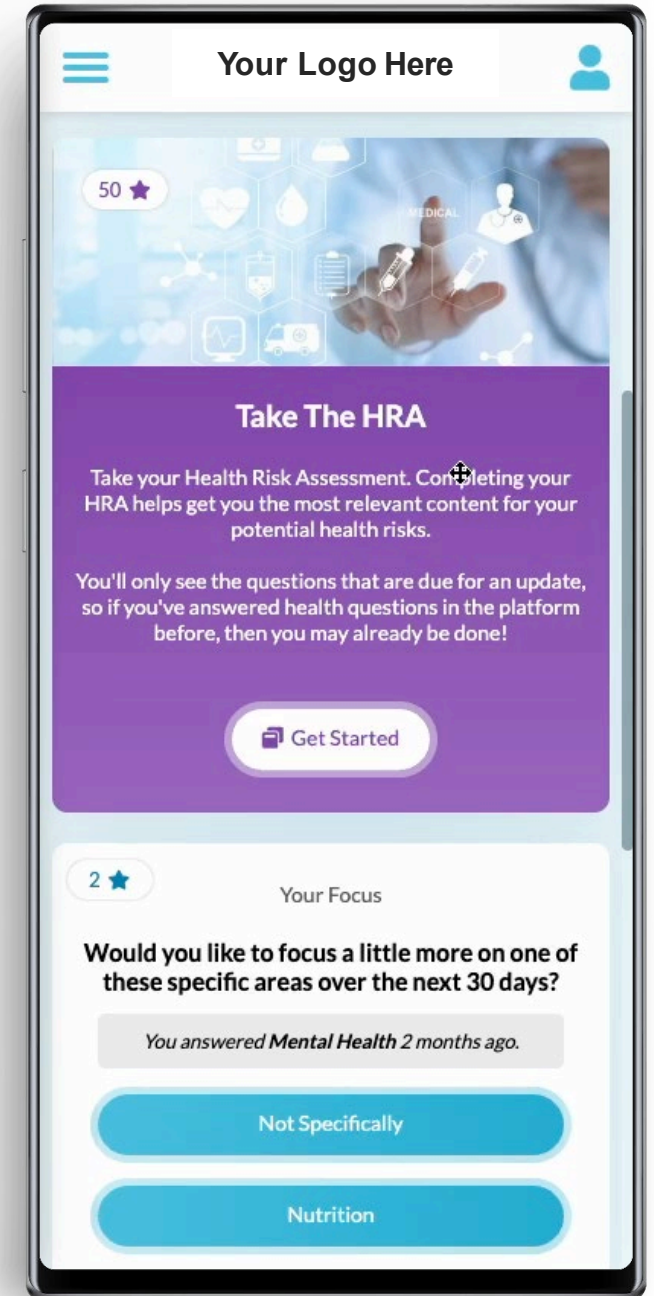


Living Health Risk Assessment

- Covers all major health concerns
- Branching logic for streamlined user experience
- Flexible deployment means the HRA is available via app, desktop, paper, and telephonic member support
- Screening staff and Health and Wellness Coaches can assist individuals with completing the HRA
- All in one AND Life Checks

HRA Topics

- Health Baseline
- Alcohol
- Inflammation
- Drug Use
- Movement
- Vaccinations
- Asthma
- Financial Awareness
- Nutrition
- Stress
- Cancer
- Oral Health
- Weight
- Relationships
- Chronic Conditions
- Health Perceptions
- Sleep
- Productivity & Burnout
- Safety
- Accessibility Needs
- Tobacco
- Mental Health
- Back Discomfort



Life Check

Wellness is a thousand nudges.

Every Session

1 ★ Financial

Has money been causing you stress lately?

You answered *No* 4 months ago.

Yes

No

[Source](#)

1 ★ Activity Level

How do you spend most of your time outside of work?

You answered *Moving Around* 4 months ago.

Sitting

Moving Around

[Source](#)

1 ★ Diet Rating

How healthy would you consider your eating habits to be?

You answered *Almost Perfect* 4 months ago.


Almost Perfect

So - So

Not Great

Every 90 Days

50 ★



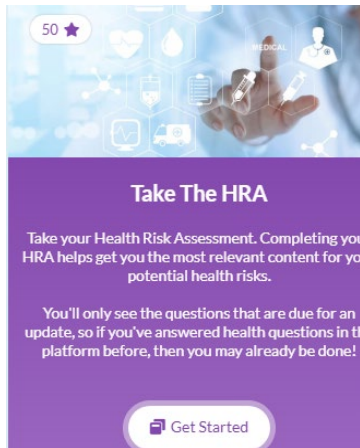
Take The HRA

Take your Health Risk Assessment. Completing your HRA helps get you the most relevant content for your potential health risks.

You'll only see the questions that are due for an update, so if you've answered health questions in the platform before, then you may already be done!

[Get Started](#)

Import Participant Results & Health Insights



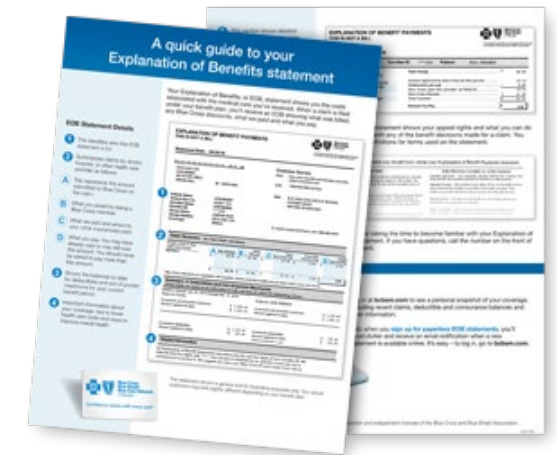
Self-reported information quarterly and each time a participant logs in.



Biometric data on-site or remote sources



Blue tooth wearables and at-home medical devices



Claims Data

Daily imports of data to build their personalized journey.

Personalized Content

A Ramp Health Patent



PATENTS:

1. **Omni Channel Input** - We take data from sensor-collected devices from biometrics and wearables plus self-reported assessments and present them as individual, personalized recommendations.
2. **Communication Content** - Individual recommendations are configured around an individual's readiness to change based on biometrics and wearables plus self-reported goals.



Readiness to Change



1

WHOLE FOOD CHANGES

How would you describe where you are in making permanent changes to decrease your processed food consumption?

- GOOD HABITS ESTABLISHED
- STARTED TAKING ACTION
- PLANNING TO MAKE CHANGES
- AWARE, BUT NOT READY
- NOT INTERESTED

1

CHECKING IN

How is reducing your processed food intake going?

- FANTASTIC
- PRETTY GOOD
- IT'S BEEN CHALLENGING
- NO LONGER A PRIORITY

*Based on Prochaska & DiClemente's Transtheoretical Model.

Similar message, different delivery


A Ramp Health Patent



Precontemplation

3

PREPARATION
EXPLORATION



Vegetables can taste very different depending on how you prepare them.

Sometimes it takes experimenting with a variety of cooking methods to get a good idea of your preferences and favorites.


GOT IT

Education and confirmation that user is not ready for action.

Contemplation

3

PREPARATION
EXPLORATION



If you don't find vegetables that exciting, you may not have found a preparation method you like. Steamed, roasted, grilled, raw, sauteed... there are so many ways to prepare them, plus endless amounts of flavor combinations you could try.

You may want to consider experimenting the next time you cook at home.


GOT IT

Reducing barriers, raising awareness, and benefits of change.

Preparation

3

PREPARATION
EXPLORATION



Prepare a vegetable using a different cooking method than you normal use. Always steam your broccoli? Try it roasted. Do you only eat your spinach raw? Try cooking it.

Give your taste-buds an adventure and experience different flavors with various cooking methods.


I'M DOING IT

Planning, setting small goals, encouragement to take small steps.

Action/Maintenance

3

PREPARATION
EXPLORATION



Expand your horizons when it comes to vegetable preparation. Think about how you normally prepare your vegetables and other ways you could prepare them.

Make a list of things you want to try. For example, do you always steam your broccoli? Maybe you want to try grilling or roasting.

I'LL DO IT

Performing actions, integrating behaviors into routine, motivation, preventing boredom.

Similar message, different delivery

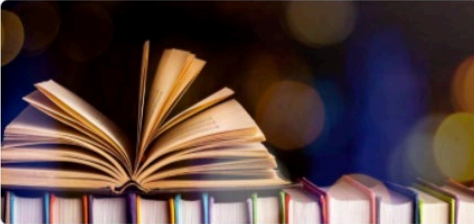
A Ramp Health Patent



Committed

5

COURSE DROP



Take a new Course for some new ideas or ways you can live healthier.

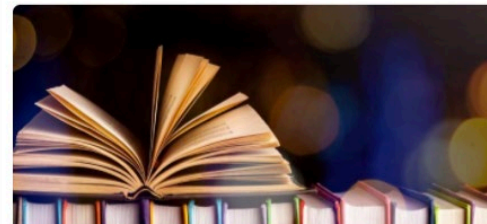
[GET STARTED](#)

Mentions new ideas and suggestions to stay healthy

Equalizer

5

COURSE DROP



Take a new Course and we'll give you options to improve your health.


[GET STARTED](#)

Mentions options for addressing health in their own way

Team Player

5

COURSE DROP



Take a new Course to learn how to live healthier for those who count on you.

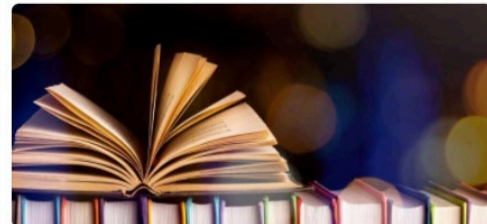
[GET STARTED](#)

Prioritizes the need to be healthy for others

Rule Follower

5

COURSE DROP



Take a new Course and we'll tell you exactly what to do to live healthier.


[GET STARTED](#)

Suggests that they'll get clear direction

Invincible

5

COURSE DROP



Take a new Course and see how you can take small steps to feel better today.

[GET STARTED](#)

Focuses on small steps and instant gratification

Psychographic Segmentation

Courses



Course Library:

- Healthy Mind, Healthy You
- Sleep: Dreaming Away Disease
- Tobacco: Breaking the Addiction
- Movement Matters
- Stress Strategies
- Diabetes in Depth
- Eat Well to Live Well
- Inflammation: Putting Out the Flames
- Specialized Experience Courses
 - Screening 101
 - Intro To Nutrition Counseling
 - Intro To Wellness Coaching
 - Intro to DSMES



Note: Courses available to participants vary depending on delivery model implemented

Missions-Short Term Personal Challenge



Participants choose a **Category, Focus, Action** and **Goal**

Examples:

- General Nutrition
- Beverage Choices
- General Movement
- Flexibility & Balance
- Cardio
- Strength
- Improved Mindset
- Mindfulness
- Tobacco Cessation
- Sleep Habits
- Blood Pressure

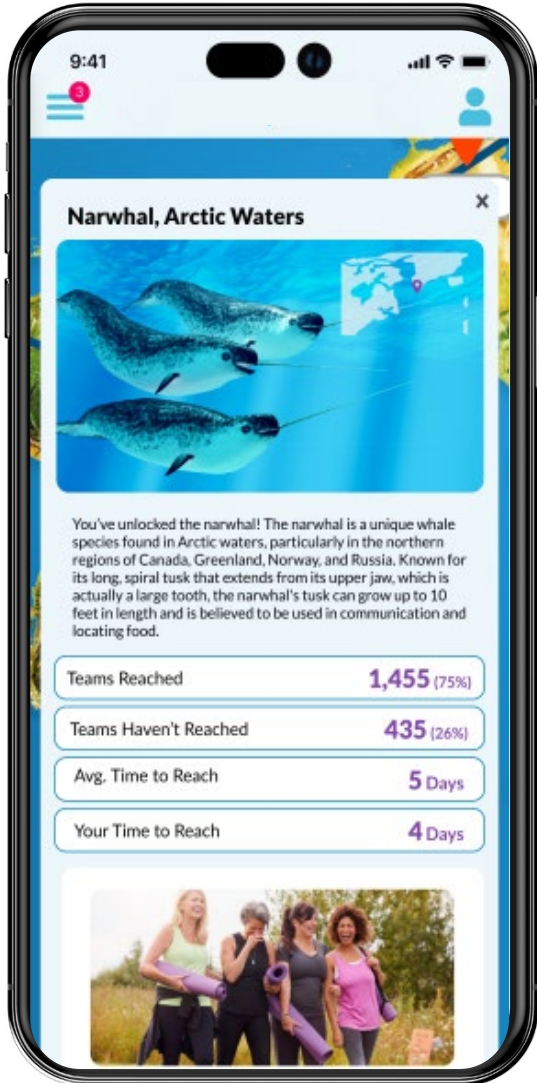
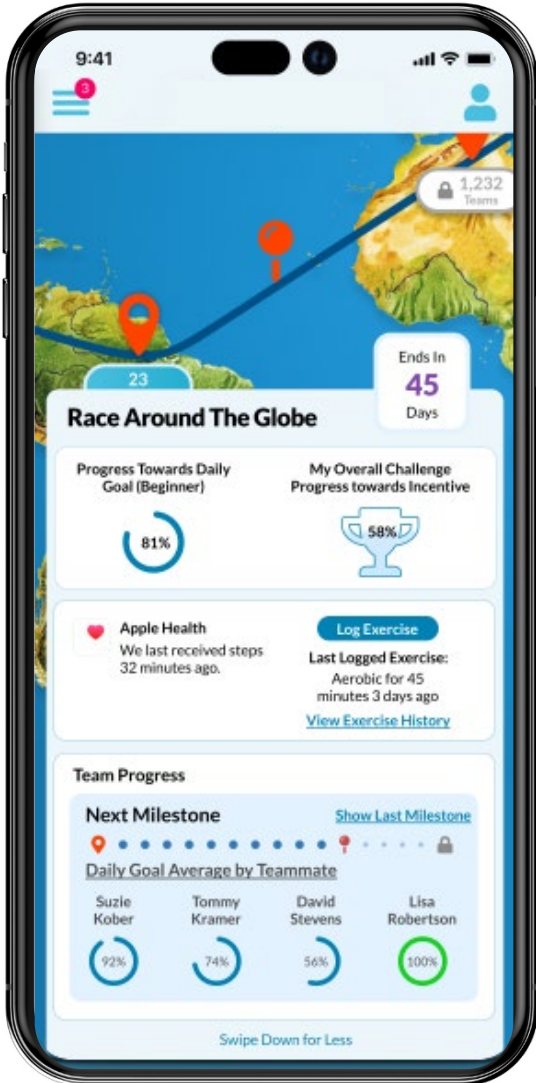
The screenshot displays the 'Missions' page in the Ramp Health app. On the left is a navigation menu with options: Home, Health Profile, Messaging, Profile, RampHealth Feed, Schedule Appointment, Scheduled Activities, Rewards, Courses, Calendar, Missions, Have a Question?, and Logout. Below the menu are 'GET IT ON Google play' and 'Available on the App Store' buttons. The main content area is titled 'Missions' and features a progress bar with four steps: 1. Select A Category, 2. Focus, 3. Action, and 4. Goal. Below the progress bar are four mission categories: 'Heart Health' (Achieved 1 mission), 'Weight & Body Composition', 'Movement' (Achieved 2 missions), and 'Stress Management' (Achieved 1 mission). On the right side, there are three summary cards: '2023 Incentive Program' showing '\$0 Earned of \$200 Total' with a 'Go Now' button; 'Wellness Coach' for Yong Pan with a 'View Profile' link and a 'Send a Message' button; and 'Engagement Score' with icons for Health, Finance, Growth, and Relationship. At the bottom right, there are two more cards: 'Points And Incentives' showing '\$100.00 Earned this Year' and '5,488 Lifetime Points'.

Challenges

Race Around the Globe



Theme-Based Challenges



Monthly Series

Featured daily or weekly activities based on the topic of the month.
Baked into the card experience.



Yoga Month: Week 1

Need a quick boost of confidence or an energy boost in the morning or during your day?

Try this 7-minute routine to help feel your best and lift your spirits.

Try It



Yoga Month: Week 2

Start your day off on the right foot. Find a feeling of calm and purpose with this 7-minute yoga meditation video. Taking time each day to breathe and meditate will help lower stress and get rid of anxious energy.

This video is done in a seated position so can be done anywhere.

Set My Intention



Yoga Month: Week 3

Don't have much time, but need a little pick me up? You'll be surprised at how relaxed you can feel after so little time.

This quick, 6-minute video will get you going and stretch your whole body.

Take 5 and Relax



Yoga Month: Week 4

Do you take the time each day to show yourself some self-care? Tend to your mind and body with this yoga practice.

This 10-minute routine combines yoga, breath, and massage to help cultivate self-love.

Try It Now

Events Calendar

Events can be announcement based or require an RSVP.

Types of Events:

- Announcement
 - Monthly Observances
- RSVP
 - Platform
 - Zoom



RSVPs

Your Logo Here

- Home
- Health Profile
- Messaging
- Profile
- Schedule Appointment
- Scheduled Activities
- Courses
- Calendar
- Missions **1**
- Benefits
- Have a Question?
- Logout

Course Progress
17% Course Progress | 1 Lesson Completed
[Continue](#)

Mission ends in about
7 Hours
[View Mission](#)

2023 Incentive Program
Complete Wellbeing Activities to Earn Rewards!
2023-2024 Wellbeing Program Guide
[Go Now](#)

Registered Dietitian
Ashley Lewis
[View Profile](#)
[Send a Message](#)

Wellness Coach
Shrell Krawczyk
[View Profile](#)
[Send a Message](#)

Engagement Score
Today
Each day, as you complete activities, the Pillars of Health progress bars will continue to fill. After 7 days, this tile will display your first Engagement Score! Your Engagement Score shows how active and balanced you are over the last 7 days.
[Learn more about Engagement Score](#)

Biometric Screening - Aug 1
This event will take place: 08/01
Your biometric screening is coming up at 368 Pleasant View Drive in Lancaster, NY!
Click to learn more about what to expect, how to prepare, and to manage your registration.
[RSVP](#)

What to Expect
SCREENING 101
Participating in a biometric screening can help identify possible risk factors or changes in your health status so you can take steps to address them if needed. Learn more about what to expect during your screening.
[Learn More](#)

Biometric Screening - Sep 12th
This in-person event will take place: 09/12
Your biometric screening is coming up at MPW HQ: 9711 Lancaster Road SE in Hebron, OH!
Click to learn more about what to expect, how to prepare, and to manage your registration.
[RSVP](#)

Getting it on Google Play and App Store

Participants can RSVP for an event directly in the platform.

September 12
Biometric Screening - Sep 12th
This in-person event will take place: 09/12
Your biometric screening is coming up at MPW HQ: 9711 Lancaster Road SE in Hebron, OH!
Click to learn more about what to expect, how to prepare, and to manage your registration.
[RSVP](#)

Upcoming Event
You RSVP'd for:
Tuesday, August 1st
10:00 AM
[View Event Details](#)

Biometric Screening - Aug 1
August 1
[Show QR Code](#)

Join us for the upcoming biometric screening event at **Client Name** so you can learn about your overall health and wellness and identify potential health changes or risks before they become serious issues. Plus, it's an easy way to get on track with your health goals.

What to Expect
A screening event typically takes around 5-7 minutes and will consist of the following measurements:

- **Body composition** – assessed with a scale, tape measure, and/or bioelectrical impedance
- **Blood pressure** – taken with a cuff around your upper arm
- **Blood lipids & glucose** – performed by collecting blood to measure cholesterol, triglycerides, and blood glucose
- **Additional measurements** may be performed depending on your employer (such as wrist or hip circumference, cotinine, TSH or PSA, or others)

You'll also have the chance to review your results with a provider and strategize next steps.

How to Prepare
To ensure a smooth and accurate experience:

- Do not eat or drink anything other than water or black coffee for a minimum of 8 hours before your appointment time.
- Drink plenty of water and limit alcohol the day before your screening.
- Dress comfortably – wear short sleeves or a shirt that allows you to roll your sleeve up to your shoulder.
- Take your medications as prescribed by your healthcare provider.
- Please arrive on time for your appointment.

We hope to see you there!

Tuesday, August 1st

7:12 AM	7:18 AM	7:24 AM	
8:24 AM	8:54 AM		
9:06 AM	9:12 AM	9:18 AM	9:24 AM
9:30 AM	9:36 AM	9:42 AM	9:48 AM
9:54 AM			
10:00 AM	10:06 AM	10:18 AM	10:24 AM
10:36 AM	10:42 AM	10:48 AM	10:54 AM

Incentive Management




Participation

Outcomes-Based



Reasonable Alternative Standard


REWARDS ISSUED



Amazon.com Gift Card \$108.50
Ordered on Jan 12, 2022
[How to redeem](#)

REWARDS HISTORY

Issued on July 18, 2023 Amazon.com Gift Card Click to redeem		\$57.10
Earned In June 2023 Wellness Coaches - General Incentive		\$20.70
Earned In May 2023 Wellness Coaches - General Incentive		\$12.80
Earned In April 2023 Wellness Coaches - General Incentive		\$23.60
Issued on March 16, 2023 Amazon.com Gift Card Click to redeem		\$42.90



Eat Well to Live Well

134 ★ 1.5h

Do you find it hard to make healthy food choices? It's not just a matter of willpower--there are many factors involved. Learn some nutrition basics

7 Lessons

[More Info](#)



Ramp Health Benefits Hub

Connecting Employees, Driving Utilization, and Reducing Risks

Benefits Hub



- Increase program cohesiveness
- Pin additional program benefits details to one section
- Improve ease of access to other benefits
- Promote benefits without awarding incentives
- Link to additional program information
- Feed Referral Section of Consult Logging

Your Logo Here

- Home
- Health Profile
- Messaging
- Profile
- Schedule Appointment
- Scheduled Activities
- Courses
- Calendar
- Missions
- Benefits**
- Have a Question?
- Logout

My Benefits

Telemedicine

Employees get free access to a medical provider via phone, online, or video via the platform. Company pays 100% of the employee portion. Employee responsible for dependents.

Click "Start a Virtual Care Visit" in the menu to start a visit any time.

Employee Assistance

On plan employees and dependents can access Health Partners EAP at no cost. Get support & resources to manage stress in any walk of life (website password: hpeap).

[LEARN MORE](#)

866-326-7194

TrueConnect

Need a small loan? TrueConnect is available with your benefits.

Applying for a loan is quick and easy and repayment comes right from your paycheck.

[LEARN MORE](#)

401K

Ameritas automatic enrollment. Employer discretionary funding.

Talk to Danielle if you have questions or would like to opt-out.



Your Logo Here



Upcoming Events

October

10

Spring Health

On-Site Therapy

RSVP for your preferred timeslot.

RSVP



Language Translation



Our Platform is capable of supporting up to 75 languages. Language can be chosen from the login screen.

Your Logo Here

English
English
Español

Your Email Address
email@ramphealth.com

Password
••••••••

[Forgot Password](#)

Sign In

[Help](#)

GET IT ON **Google play**

Available on the **App Store**

v1.15.2649

Your Logo Here

- Inicio
- Health Profile
- Mensajes
- Mi perfil
- Social **1**
- Programar cita
- Actividades programadas
- Calendario
- Misiones
- ¿Tiene alguna pregunta?
- Cerrar sesión

GET IT ON **Google play**

Available on the **App Store**

5 ★

¡Bienvenido a Your Cards!

Bienvenido a tu nueva plataforma, aquí para apoyarte, tus intereses únicos y tus necesidades de bienestar.

Antes de sumergirte, repasemos algunas cosas para que puedas aprovechar al máximo tu experiencia.

Continuar

50 ★

Tome la HRA

Realice su evaluación de riesgos de salud. Compl su HRA le ayuda a obtener el contenido más relev para sus posibles riesgos de salud.

Solo verás las preguntas que se actualizarán, asf ya has respondido preguntas de salud en la plataforma, ¡es posible que ya hayas terminad

Empezar

78 ★ **60m**

Inflamación: apagar las llamas

Cada vez surgen más investigaciones que relacionan la inflamación crónica con una serie de afecciones de salud y enfermedades crónicas. Aprende sobre 3 Lecciones

[Más información](#)

Programa De Incentivos 2023

\$0 Ganado
de \$200 Total

Ve ahora

Entrenador De Bienestar

Denice Elliott-Heim
[Ver perfil](#)

Enviar un mensaje

Puntaje De Participación

Salud Financiar Crecimiento Relación

Hoy

Cada día, a medida que complete las actividades, las barras de progreso de los Pilares de la salud seguirán llenándose. Después de 7 días, esta ficha mostrará tu primera puntuación de participación. Tu puntuación de participación muestra lo activo y equilibrado que estás en los últimos 7 días.

[Más información sobre la puntuación de participación](#)

High Tech Always Meets High Touch

Machine Learning

70%

Human Review

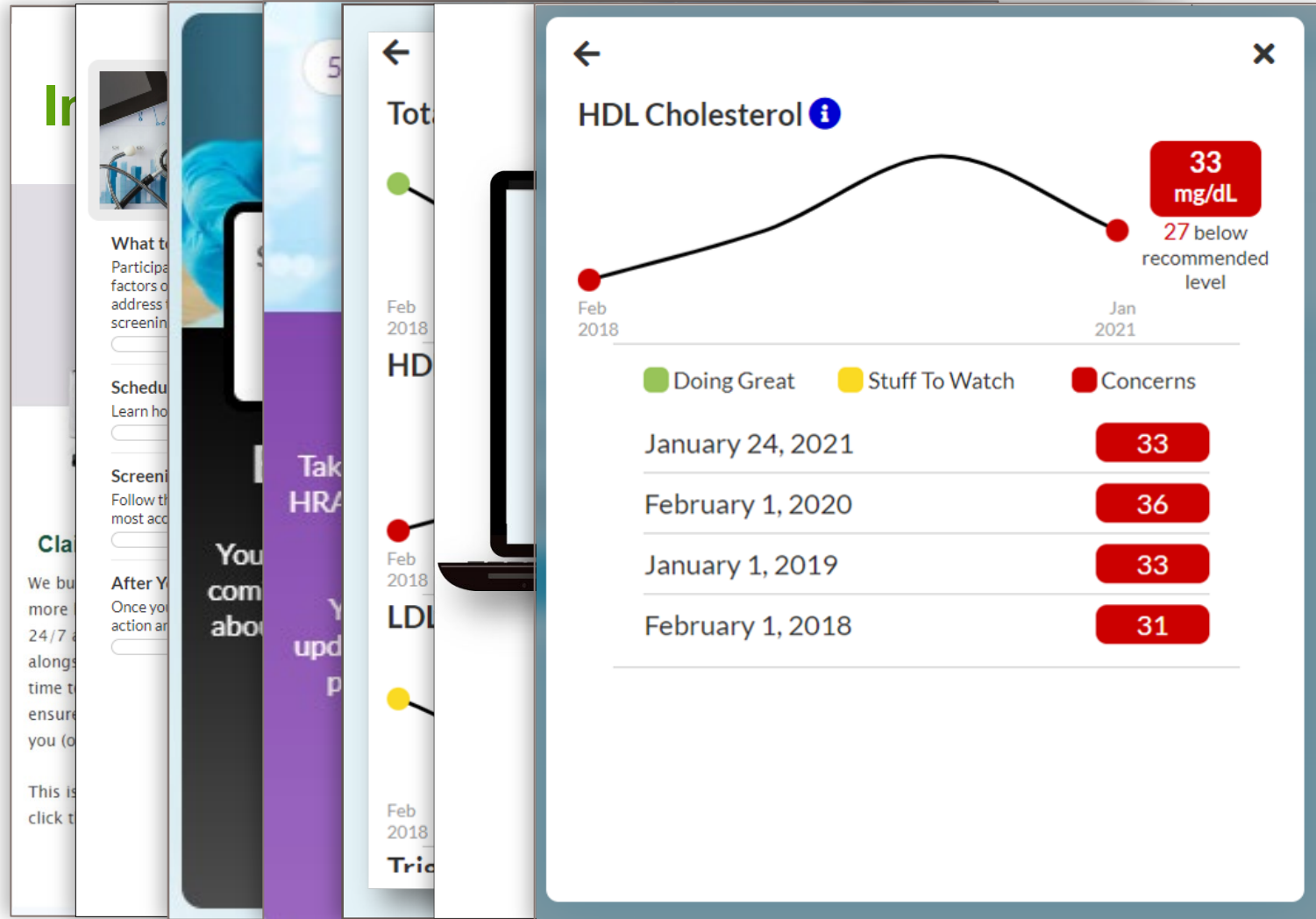
30%





Clinical Services

Biometrics Experience Drives Engagement



Invitation to Participate

“What to Expect” Provided

Appointment Scheduled

Engage with Your Living HRA

Baseline Established

Educated Through Content

Health Progress Tracked

Voucher Program & Physician Form

**Nationwide coverage with Walgreens
and Labcorp.**

**Convenient for people who can't make a clinic.
Voucher-only services are also available.**

Only pay for the vouchers redeemed.





Wellbeing Services

Enter the Coaches

Based on HRA, we're learning more about Sara

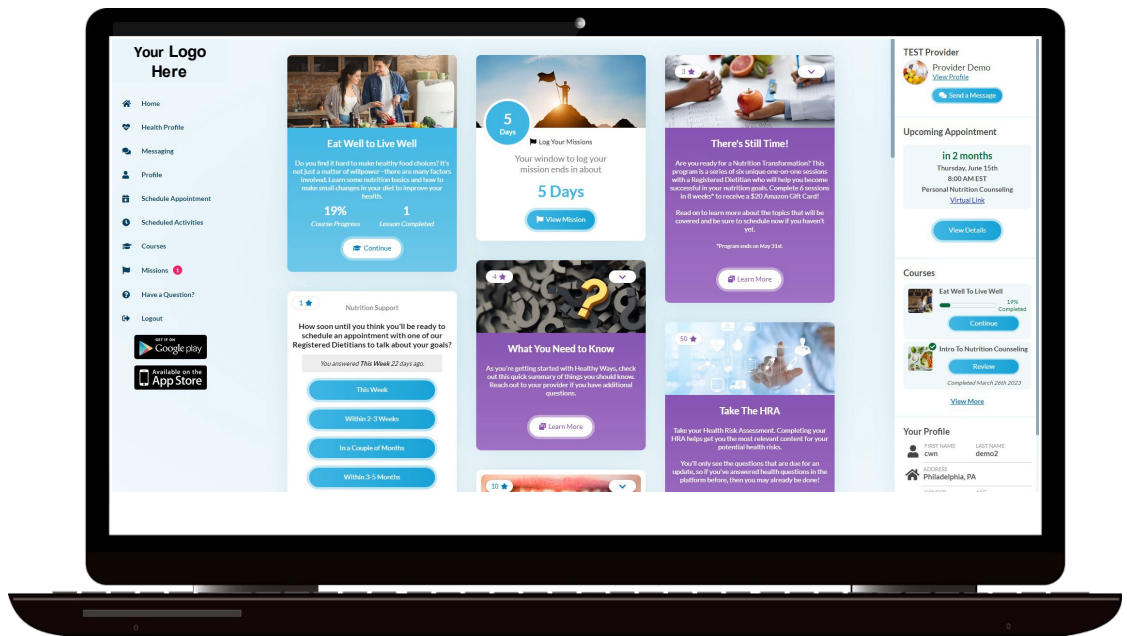
Let's devise a plan of action – **Together**

– One-on-one Patient led sessions

“You got this Sara!”



Appointment Scheduling



Digital Messaging



The screenshot displays the Ramp Health digital messaging interface. On the left is a sidebar with navigation options: Home, Health Profile, Messaging (highlighted with a red circle), Profile, Social Feed, Schedule Appointment, Scheduled Activities, Courses, Calendar, Missions, Have a Question?, and Logout. Below the sidebar are 'GET IT ON Google play' and 'Available on the App Store' buttons.

The main content area is divided into three sections:

- Messaging Thread:** Shows a conversation with 'Samantha Bluj' (TEST Provider). A message from 'Ashley Paige' at 10:51 am says 'Hello! Test message for Provider Demo from Ashley's test user acct.'. A response from 'Provider Demo' at 2:35 pm says 'Hello Participant! We can communicate via messaging here!'. A 'SEND A MESSAGE' button is visible.
- Registered Dietitian Profile:** Features 'Samantha Bluj' (TEST Provider) with a 'View Profile' button and a 'Send a Message' button (highlighted with a red circle).
- TEST Provider Profile:** Features 'Provider Demo' (TEST Provider) with a 'View Profile' button and a 'Send a Message' button (highlighted with a red circle).

Below the provider profiles are 'Courses' with progress indicators:

- 'Healthy Mind, Healthy You' (7% Completed) with a 'Continue' button.
- 'Inflammation: Putting Out The Flames' with a 'Start' button.

A 'View More' link is also present.

The bottom section is 'Your Profile' with fields for 'FIRST NAME Ashley', 'LAST NAME Paige', and 'ADDRESS OH'.

On the right, a 'Meet Your Coach' card for 'Yong Pan MS, CHES' (Certified Personal Trainer) includes a 'Send a Message' button, a 'Previous Background' section, and lists of topics for coaching: 'Health Metric Testing', 'General Health and Wellness Topics', and 'Management of Minor Aches or Muscle Soreness'. A 'Send a Message' button is also at the bottom of this card.

Wellbeing Coaching Services



Access certified healthcare professionals and licensed counselors anywhere

Onsite, Remote, and
Virtual Support

Immediate Help
when Needed

Mental Health First Aid
Trained Professionals

Providing confidential, high quality mental health services for:

Wellness Coaching

Mental Health Support

Nutrition Services

Digital Health Platform

Safety & Injury Prevention

Condition Management



Coaching Differentiators

Non-Disruptive
to Workflows

Integrated
into Worksite

Proactive High
Engagement

Conform to Stage
of Readiness

Coach More
People More Often
to Reduce Risks

Training and
Compliance



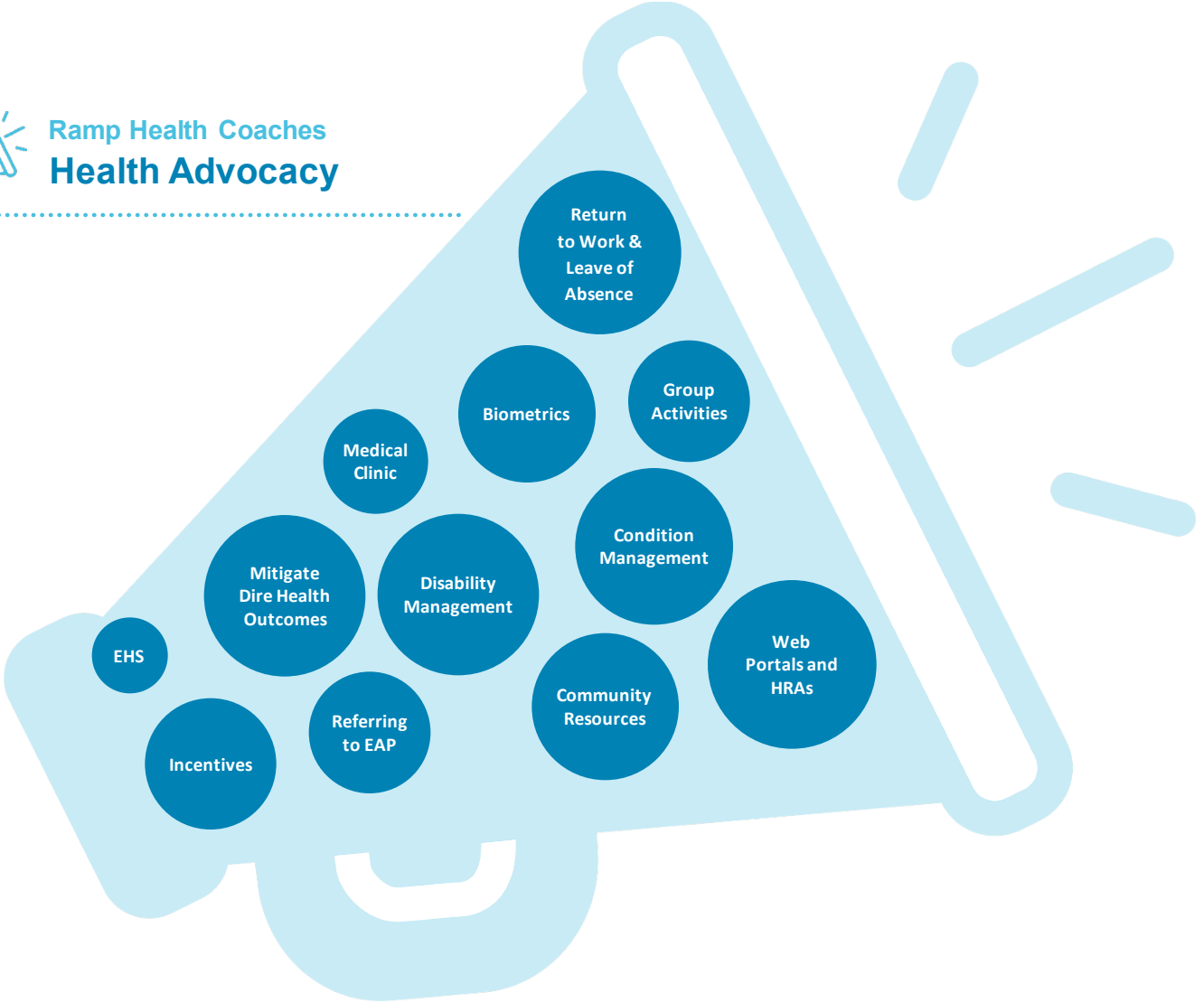
Our Coaches - An Extension of Your Team



Listening, Engaging, AND Connecting

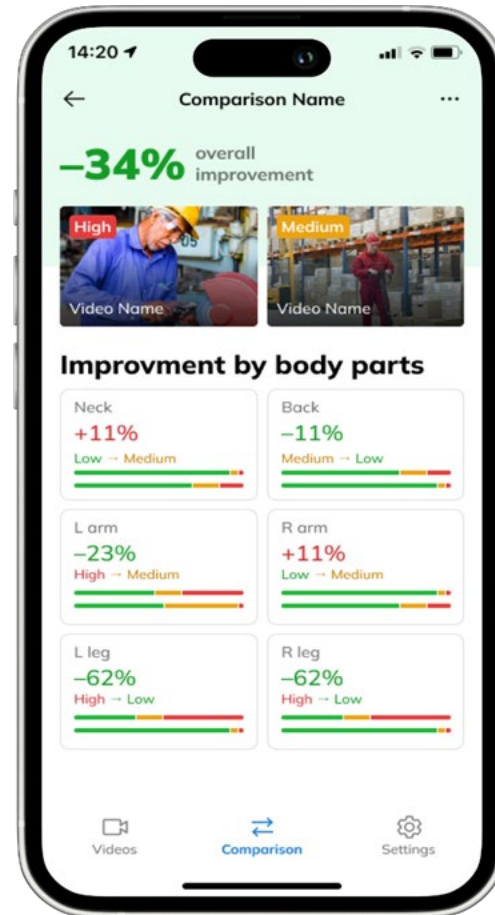
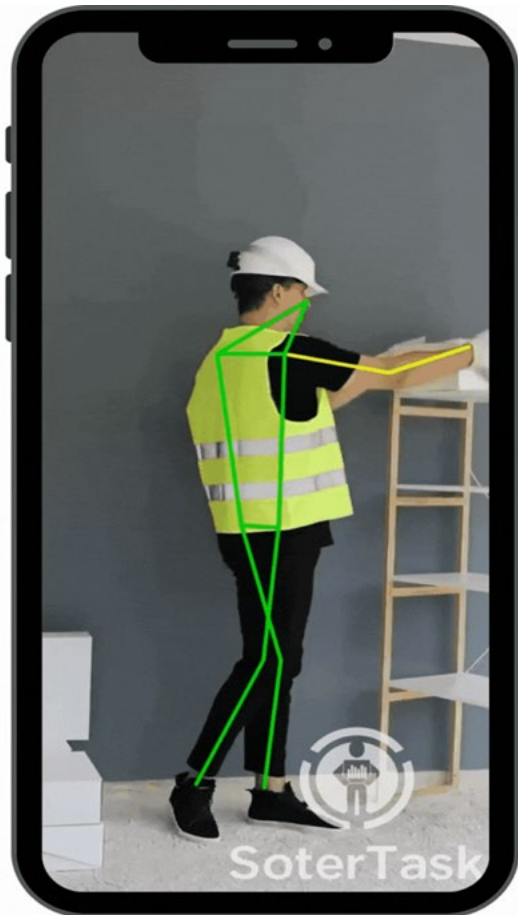
We advocate for employee participation in all healthcare events and programs.

 Ramp Health Coaches
Health Advocacy



AI Risk Mitigation - SoterTask

A cloud-based tool that leverages the power of technology and human expertise to bring you accurate, scalable, and efficient workplace safety assessments.



Video Capturing via the App



Provides **real-time interpretation** of ergonomic risks



Scalable and accurate task assessments



Compare videos to evaluate different intervention options



Simple and efficient record-keeping and file-sharing

Reporting



Unmatched data capture and program assessment

Wholistic Reporting

Participant Health Profiles

Population Research Tools

Expert Report Pulling Support

Readiness to Change Measurement

Psychographic Segmentation



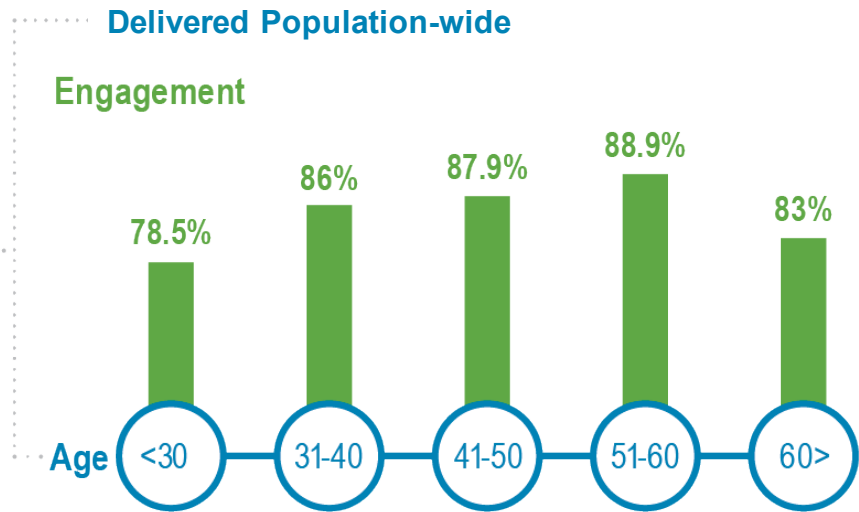
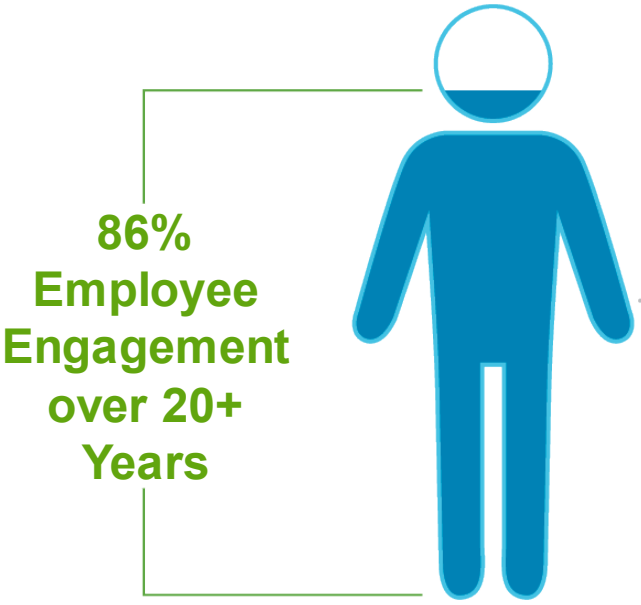
Powerful Impact and Outcomes



Engagement and Health Risk Reduction

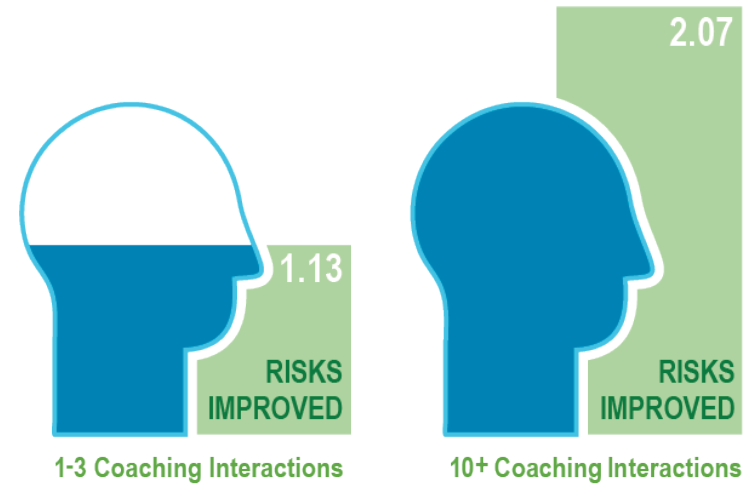
Nationwide, turnkey and rapid deployment

Impactful providers delivering comprehensive services amplified by smart technology that drive outcomes



Impactful Outcomes

Health risk reduction across 5 key indicators:



*BMI; Blood pressure; Exercise frequency; Stress; Tobacco

Results

BMI



76%

17%

Blood Pressure



84%

High Risk Reduction
75%

Exercise



49%

55%

Stress

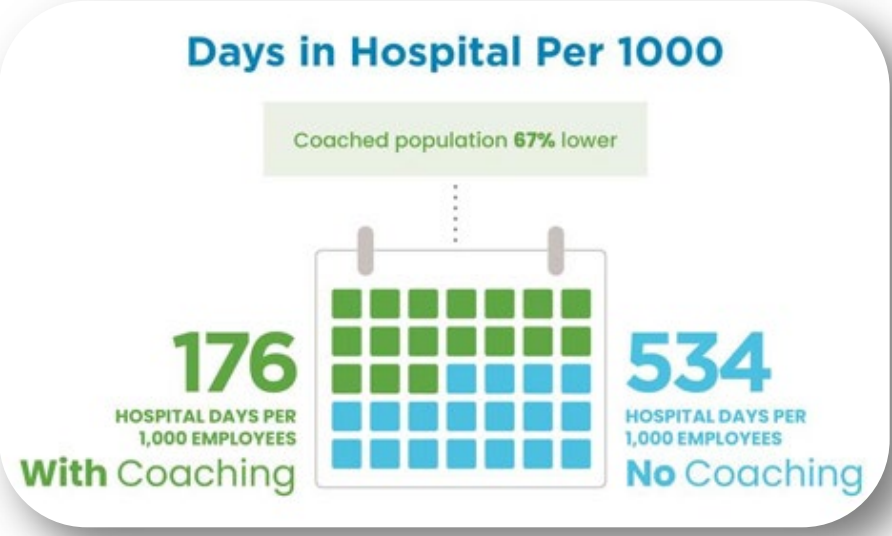


53%

45%

Improvements

Lower Costs



Why Ramp Health



Single Source Provider

Proprietary Realtime Updated Member Journey

Scale and Experience

Operational Discipline

Information Security

Clinical Excellence

