



AVIDON HEALTH

Behavior Change Courses

Sample Outcomes



Case Study

BEHAVIORAL CHANGE

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

Stress

47%

Reported lower stress levels

Exercise

77%

Increased their daily activity¹

Tobacco

33%

Quit smoking

Weight

53%

Lowered their BMI by more than 5%²

Alcohol

52%

Reduced their drinking

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

Sleep Management Study

The numbers tell a story of healthier outcomes

We wanted to know: How does this program impact participants? We surveyed over 1,200 participants over 6 months, and the results show real, measurable change.



When asked how their life improved:

21% said they feel better

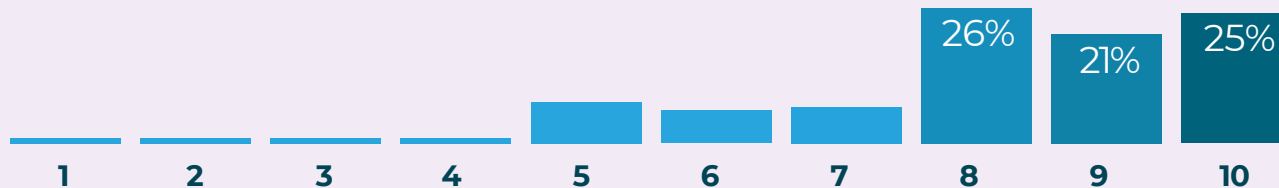
18% said they have more energy

13% said their mood improved

11% said they were exercising more



COURSE RATINGS



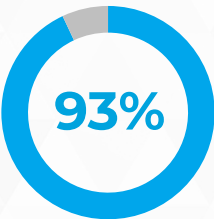
81%

would recommend this course to friends & family

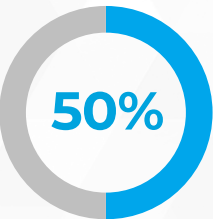
Alcohol Management Study

The numbers tell a story of healthier outcomes

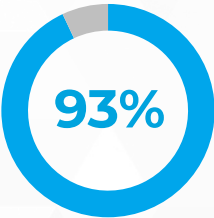
We wanted to know: How does this program impact participants? We surveyed over 2,000 participants over 6 months, and the results show real, measurable change.



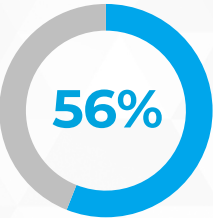
93% met their objectives related to their alcohol consumption



gave the highest rating when asked how much the course made them **feel in control of alcohol**



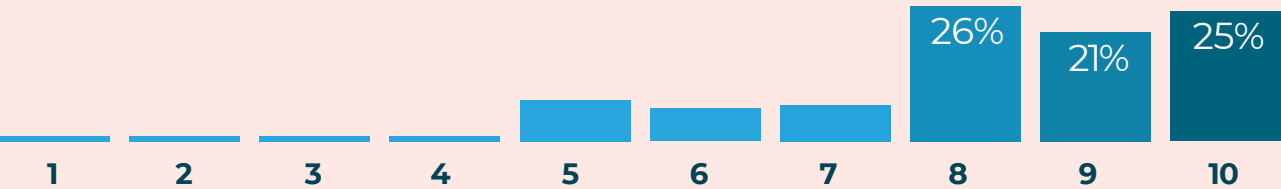
felt the course **improved their overall health**



believe the course made them feel **more positive about the future**



COURSE RATINGS



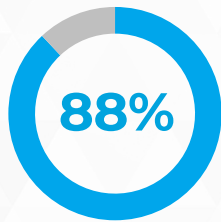
91%

would recommend this course to friends & family

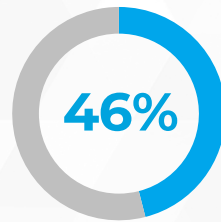
Tobacco Management Study

The numbers tell a story of healthier outcomes

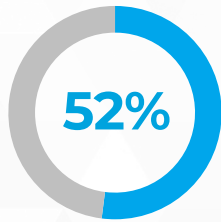
We wanted to know: How does this program impact participants? We surveyed over 2,000 participants over 6 months, and the results show real, measurable change.



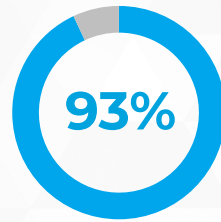
of participants said the course helped them **meet their smoking-related objectives**



gave the course the highest possible rating when asked how much the course made them **feel in control of smoking**



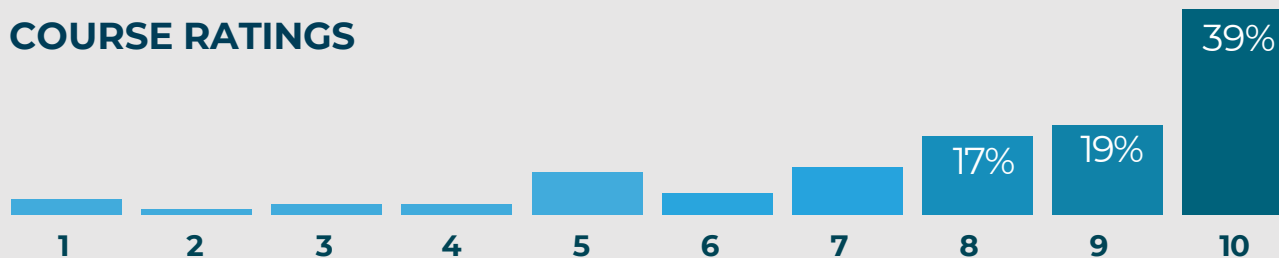
believe the course had a **positive impact on their future health**



felt motivated to **improve their health**



COURSE RATINGS



92%

would recommend this course to friends & family

Exercise Management Study

When exercise feels like a burden, the brain will search for reasons to avoid it.

Our evidence-based training provides the knowledge, cognitive skills, and tools needed to:



RETRAIN THE BRAIN

to develop a state of mind where exercise is no longer seen as a burden or chore.



ENCOURAGE PARTICIPANTS

to include it as an everyday part of life.

The result is a life-long love of exercise that helps participants feel healthier, more fit, and more energized.



LivingFit: These study results speak for themselves.

A study compared the annual health risk assessments of 12,000+ LivingFit participants who were members of a large national wellness program. Those who didn't meet minimum physical activity requirements prior to taking LivingFit and completed at least one intervention were given another HRA.

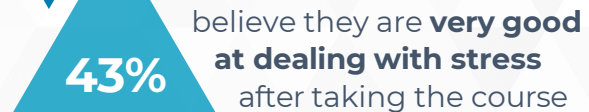
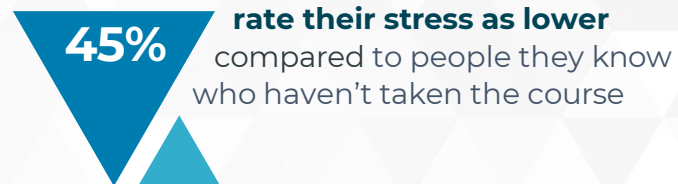
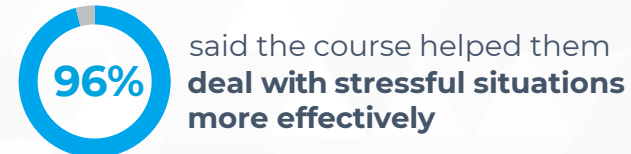
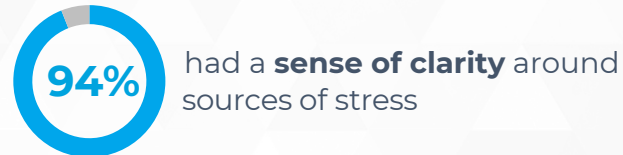
77%

increased exercise to an acceptable level by the next annual HRA

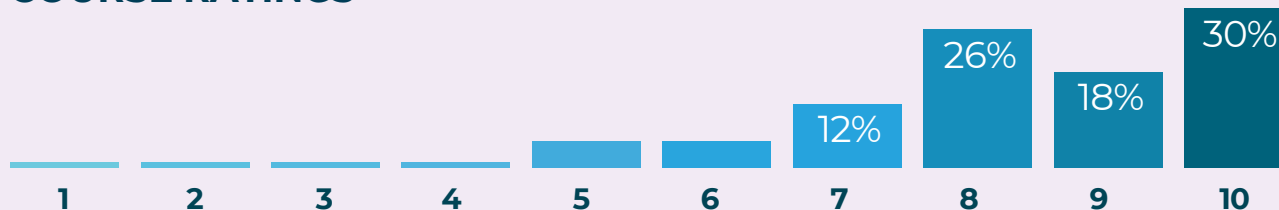
Stress Management Study

The numbers tell a story of healthier outcomes

We wanted to know: How does this program impact participants? We surveyed over 7,500 participants over 6 months, and the results show real, measurable change.



COURSE RATINGS



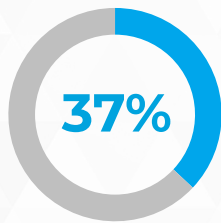
95%

would recommend this course to friends & family

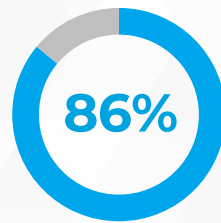
Diabetes Management Study

The numbers tell a story of healthier outcomes

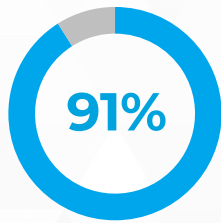
We wanted to know: How does this program impact participants? We surveyed over 1,100 participants over 6 months, and the results show real, measurable change.



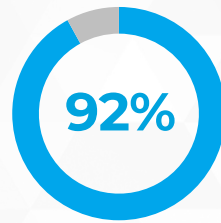
said that after the course, they **never felt troubled by their diabetes**



said the course **improved their motivation** to manage their condition



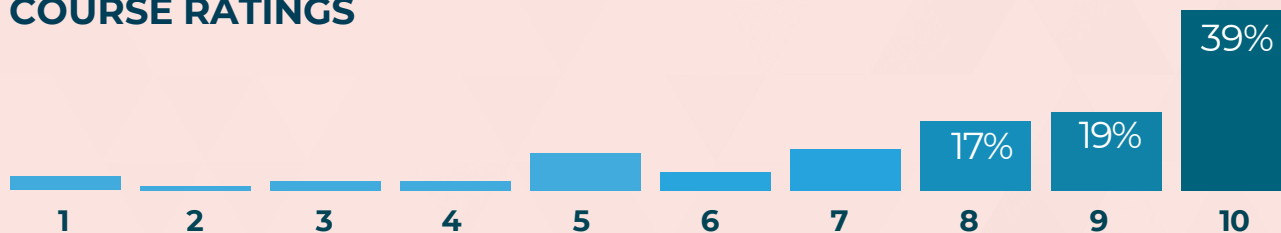
felt the course made them **more confident and in control**



felt **more positive about the future** after taking the course



COURSE RATINGS



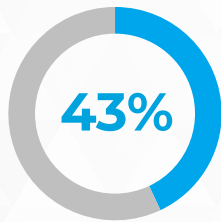
92%

would recommend this course to friends & family

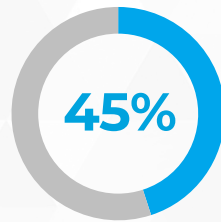
Weight Management Study

The numbers tell a story of healthier outcomes

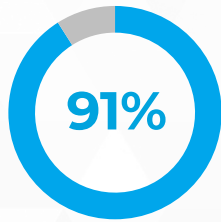
We wanted to know: How does this program impact participants? We surveyed over 2,000 participants over 6 months, and the results show real, measurable change.



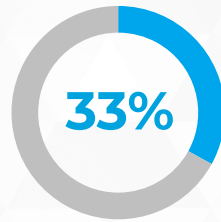
give the highest possible rating when asked how much the course made them feel **in control of their eating habits**



believe the course had a **positive impact on their future health**



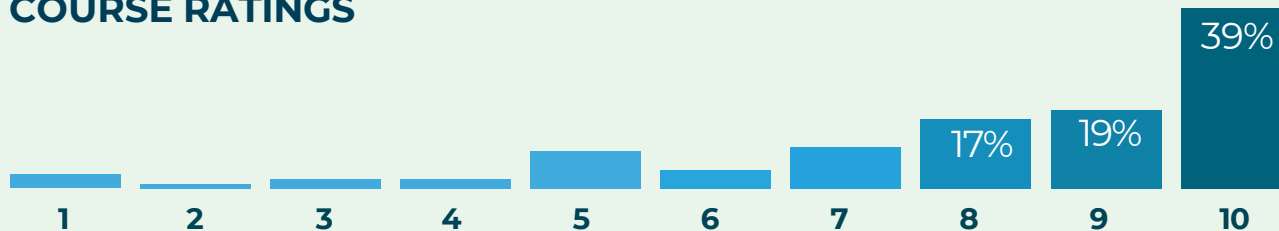
of participants said they **met their food and eating objectives**



continue to successfully **eliminate unhealthy eating behaviors**



COURSE RATINGS



93%

would recommend this course to friends & family

A smiling man in a blue button-down shirt is seated at a dining table, eating a salad from a glass bowl. He is looking towards the camera. In the background, other people are blurred, suggesting a social dining environment. The entire image has a blue overlay.

Efficacy Review

A 12 Month Study on Weight Management

Weight Management Outcomes

Outcome Process

1 year post course completion

Outcome

Before & after outcome metrics tracking

Engagement

Coaching touchpoints, response rate, & course conversions

Engagement Rx tracks each interaction of the participant journey so you can measure sustainable behavioral change.

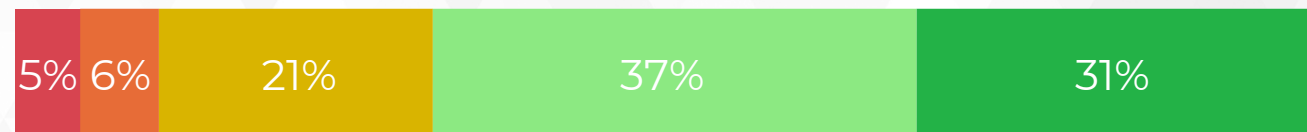
How do you feel about your future health compared to how you felt back before you started the program? (5 = most positive, 1 = least positive)

Responses: ● = 1 ● = 2 ● = 3 ● = 4 ● = 5

1 Month



12 Months



After 1 month, course participants felt **96% more in control** of their future health and **89% more in control** after 12-months. This demonstrates that sustained behavioral change remains high even after the course has been completed.

Weight Management Outcomes

Outcome Process

1 year post course completion

Outcome

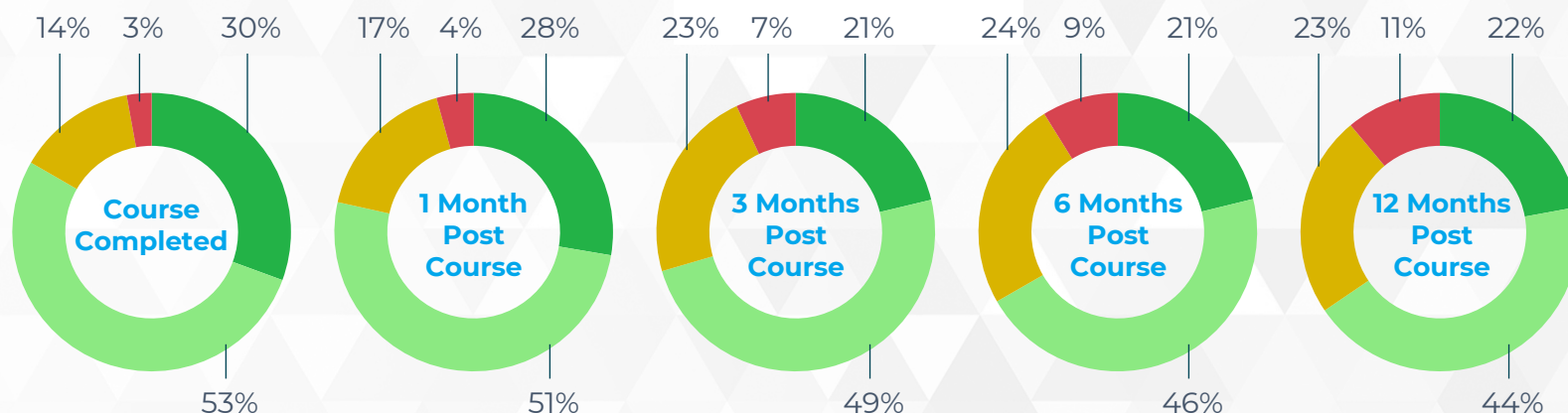
Before & after outcome metrics tracking

Engagement

Coaching touchpoints, response rate, & course conversions

How successful have you been at elimination of your two critical foods and/or eating patterns?

- Very successful at eliminating these from my life
- Somewhat successful, I've slipped several times
- Fairly successful, I've slipped a couple of times
- Not successful at all



Upon course completion, **97%** of respondents reported a level of success in removing two critical foods and/or eating patterns. 12-months after course completion, **89%** of respondents reported sustained success.

Weight Management Outcomes

Outcome Process

1 year post course completion

Outcome

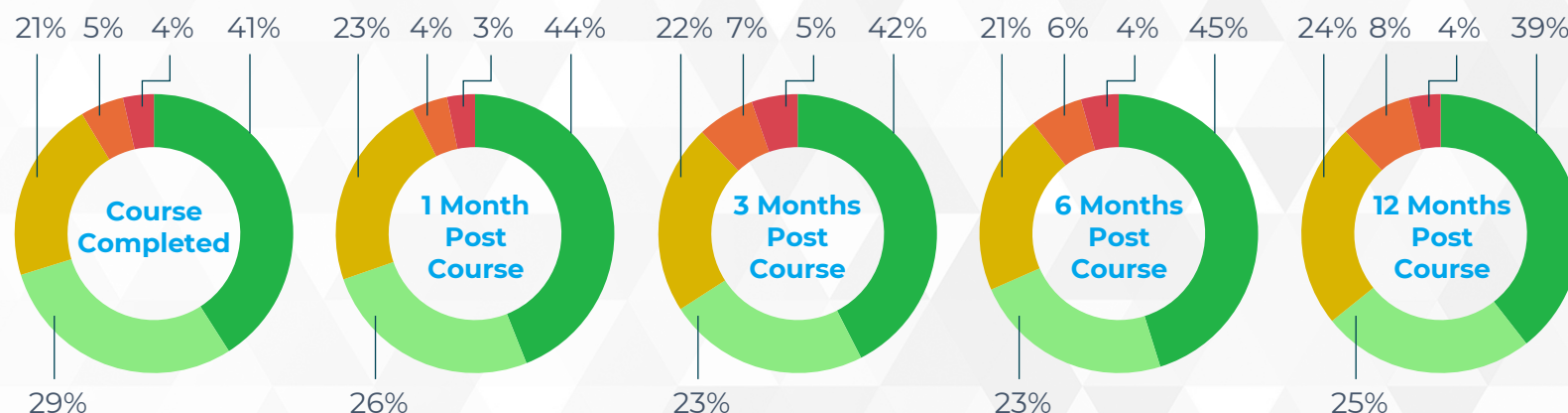
Before & after outcome metrics tracking

Engagement

Coaching touchpoints, response rate, & course conversions

What way do you think the course has helped your overall health improved?
This program:

- Helped me lose weight and regain control over food
- Helped me lose a little weight and taught me to be more in control over food
- Was somewhat helpful – I didn't lose much weight but I think I have the tools to be successful in the future
- Was somewhat helpful, but I didn't lose much weight and see little hope of continuing to live lean in the future
- Was not helpful to me at all



Post course completion, **96%** of participants felt the course somewhat or helped them in improving their overall health and in losing weight.

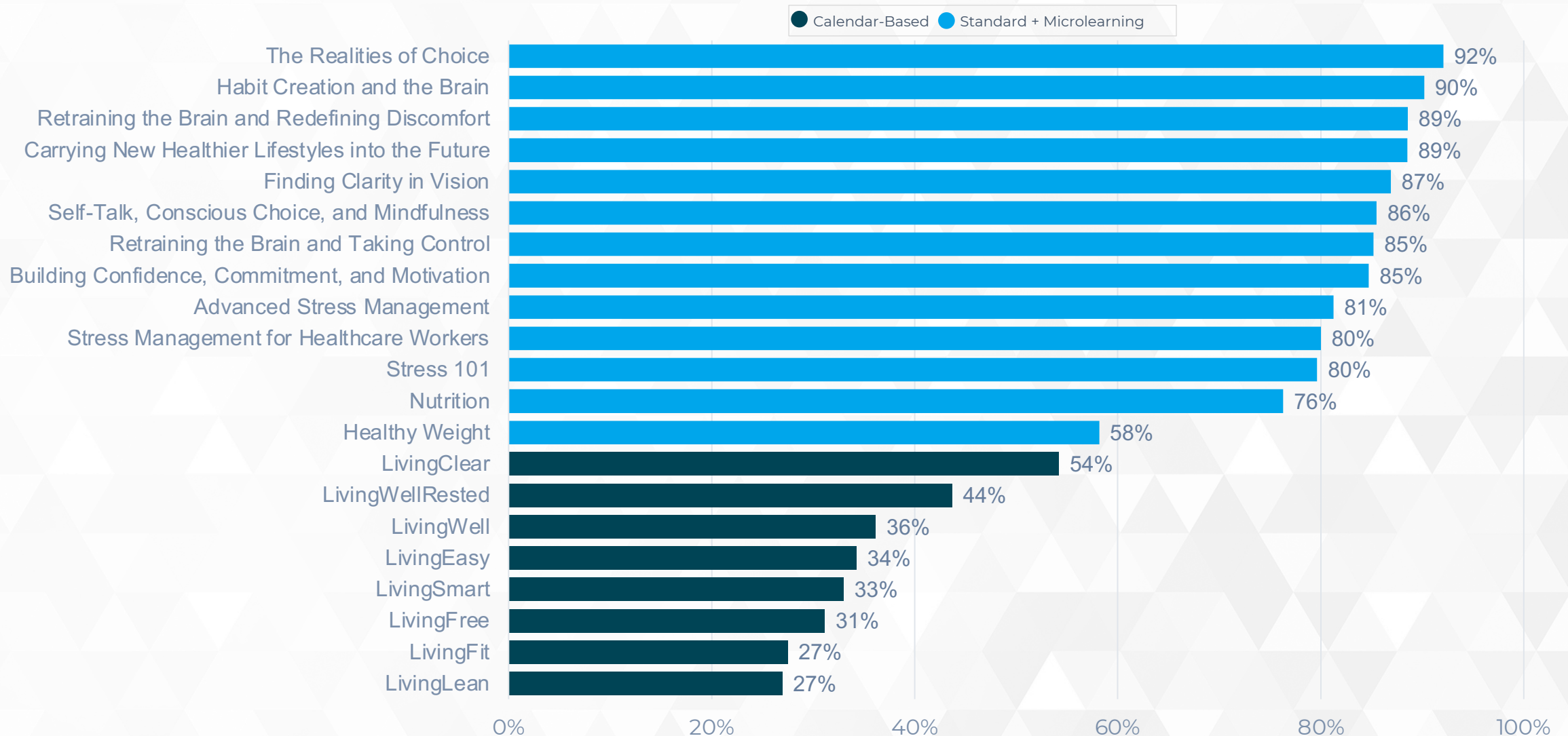


AVIDON HEALTH

Difficult To Engage Populations **Completion Rates**



Course Completion Rates: 65+ Age Group



Course Completion Rates: 18-24 Age Group

