

# Onlife Sync™ Makes Wellness Count





Exercise. It's the best way to improve health and control healthcare costs. Our three-year study, which included 5,500 employees, found that moderate exercisers\* experience:

Onlife Health is a comprehensive wellness solutions provider for health plans and large employers nationwide. Onlife serves over 10 million members and, with 20 years of industry experience, we understand that it pays to get members moving.

Onlife Sync™ lets members pick from 80+ popular fitness-tracking devices and mobile apps from some of the most popular brands such as Fitbit®, Garmin®, Jawbone®, and more. In fact, we're adding more all the time so employees stay engaged and your program won't grow stale.

Onlife Sync™ automatically pulls members' fitness data and securely shares it across our incentive, coaching, and reporting platforms, so our programs are easy for members to use, and produce better results.



20% lower annual healthcare costs than employees who don't exercise



50% lower rates of ER visits and inpatient hospital stays



and many more...

Contact us today to see how Onlife Sync™ can help engage and motivate your population toward sustainable and healthy lifestyle improvements.

1.888.676.3975  
engage@onlifehealth.com

\*Equivalent to 5,000+ steps or 38+ minutes of activity per day. Comparison was made between employees who were overweight and moderate exercisers, and employees who were overweight and non-exercisers.