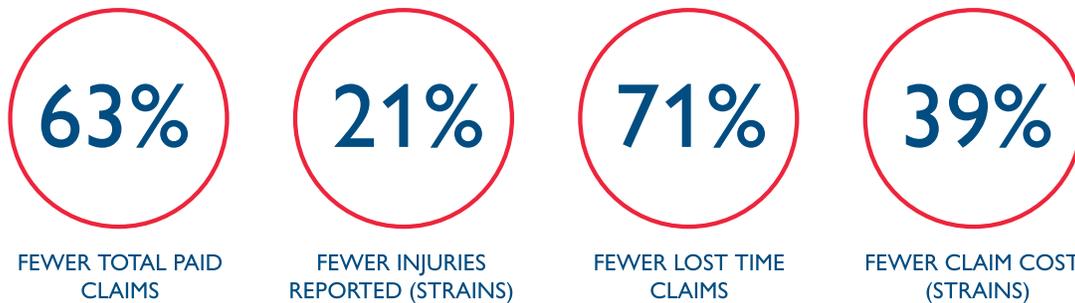


HOW IMPROVING EMPLOYEE WELL-BEING IMPACTS BUSINESS

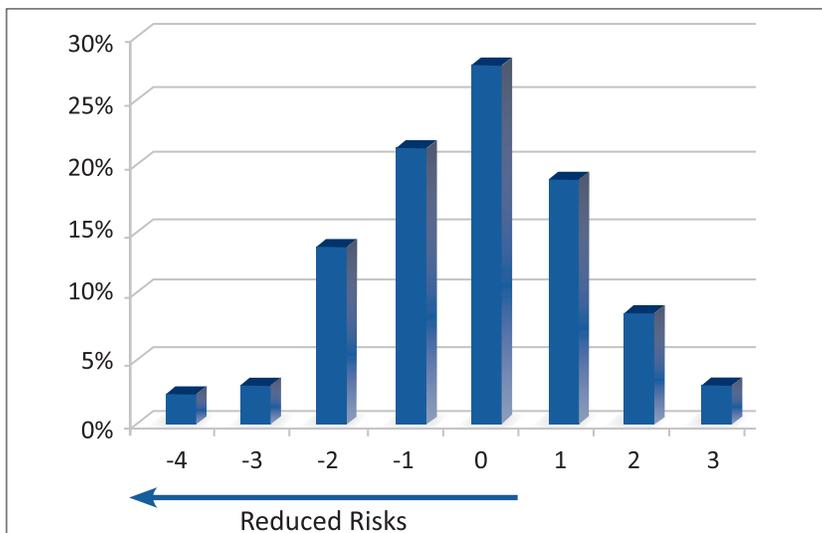
Our wellness initiative encourages healthy behavior change and life skill development, giving policyholders access to unique tools and resources through proven vendor partners. It allows for human behavior and interest levels to shift over time, reinforcing the need to improve health behaviors almost daily.

Wellness by Numbers* (after 3 years)



*actual policyholder experience, MA manufacturer

A.I.M.Vantage Cohort Risk Improvements



From March 2015 to Feb 2019, three cohorts representing 4,631 employees from different companies took a Needs & Interest Survey through A.I.M. Vantage. Here's a snapshot of respondents who participated in the first year and three years later, after worksite wellness initiatives had been introduced. Health risks include tobacco use, high blood pressure and cholesterol, overweight, obesity, and diabetes as well as lack of physical activity.

PARTNERSHIP

Our Worksite Wellness program perpetuates our partnership with employers in far reaching ways:

- The at-risk worker is saved from a potentially longer recovery time with complications
- An employer experiences less lost time interruption
- Wellness knowledge gained at work is often brought home and shared
- Absenteeism often drops while productivity rises

All policyholders can receive our Wise & Well e-newsletter

RESOURCES

We've developed materials with respected wellness experts to support your wellness programming:

- Healthy Eating Cookbook
- Balanced Eating Guide (with menus)
- Dine & Design (choosing snacks at work)
- Living with Intention
- Managing your Blue Light
- Tobacco Cessation
- Mindful Eating Table Tents
- Nutrition: Understanding Food Labels
- Managing Your Stress

	Service
Needs & Interest Survey for all employees with customized recommendations	✓
Four training sessions	✓
Access to all wellness resource materials	✓
Technical assistance sessions	✓
Subscription to online software platform	✓
Online programming for employees	✓

WHAT OTHERS THINK OF OUR PROGRAM

“ A.I.M. Mutual's program has been extremely helpful in developing a culture of wellness here.

-Carmen Lopez, Dennecrepe Corp.

“ You've provided us with a wellness blueprint to be successful: consistent, positive and measurable. We look forward to continuing our partnership with more training, technical assistance and the kind of genuine friendship that you exhibit in the scope of your vocation.”

-Michael Rametta, DELA Incorporated

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