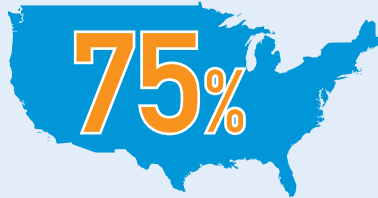


The increasing demand for workplace wellness



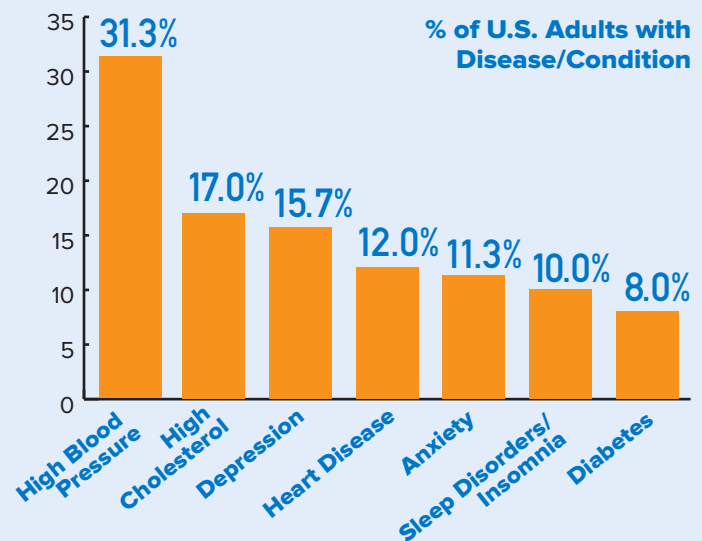
Percentage of U.S. health care costs that result from chronic, preventable diseases.

“Chronic Disease Prevention and Promotion,” Centers for Disease Control and Prevention, May 21, 2014.

Chronic Disease in the United States

CHRONIC CONDITIONS - SUCH AS HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, DEPRESSION, HEART DISEASE, ANXIETY, SLEEP DISORDERS/INSOMNIA AND DIABETES - AFFECT THE LIVES OF MANY AMERICANS.

THIS CHART SHOWS THE PERCENTAGE OF U.S. ADULTS DIAGNOSED WITH THESE DISEASES.



Source: Centers for Disease Control and Prevention (2004-2008)

Traditional wellness programs don't focus on the business of health

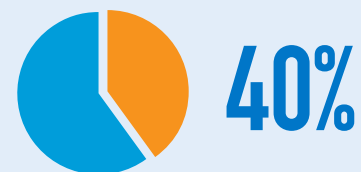
\$1,000,000,000,000

Chronic diseases cost U.S. economy \$1 trillion annually
-Milken Institute

\$12,000

Amount U.S. employers pay for family health care coverage per employee

The Henry J. Kaiser Family Foundation, “2013 Employer Health Benefits Survey,” August 2013.



Companies with “highly effective” worksite programs are 40% more likely to report financial performance above their peers

Source: Towers Watson, “The Business Value of a Healthy Workforce,” 2014.

Regence 360Me has a different approach

CREATING A CULTURE OF HEALTH & PRODUCTIVITY

Online wellness tools ▶

regence.com: Health & wellness tools, General Health Assessment (GHA), device integration, mobile app, rewards & incentives



Feet on the street

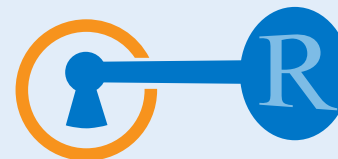


Wellness consultants ▲

Partners who collaborate with employers to develop health & productivity roadmaps, maintain and measure them

Health coaches

Regence-trained experts, ready to help employees reach their goals



Reporting & analytics ▶

Measure progress & value on investment (VOI) and receive actionable insights to improve engagement



The power of Regence ▲

Turnkey integration with the Regence portfolio, health care claims experience, disease management programs and biometrics

Three solutions

Based on where employers are in their health and wellness program evolution and budget

- 1 Build awareness with Regence 360Me Foundations
- 2 Drive engagement with Regence 360Me Advanced
- 3 Inspire outcomes with Regence 360Me Custom

Say goodbye to check-the-box wellness



SAY HELLO TO A CULTURE OF HEALTH: EMPLOYEE WELL-BEING, BETTER HEALTH AND LOWER COSTS.

TO LEARN MORE about Regence 360Me, contact your producer or Regence sales representative.