



## Welcome to the Advantage Wellness Program (AWP) Product Catalog

At Advantage Benefit Group, we are proud to introduce the **Advantage Wellness Program, (AWP)** comprehensive, ACA, ERISA, and IRS Sections 125/105 compliant **Automated Personal Health Monitoring Plan**. Offered as a stand-alone voluntary benefit through group employers, AWP empowers employees with a wide range of innovative digital healthcare tools and services to help them stay connected to their health like never before.

The Advantage Wellness Program consolidates all member tools and services into a single, user-friendly platform, enabling participants to quickly access answers and services for their healthcare needs. We believe that by providing members with better access to their healthcare data, they can make more informed decisions that lead to tangible savings and improved overall well-being. In fact, the services offered through AWP can help members save **thousands of dollars per year on healthcare expenses**, without requiring any changes to their existing coverage.

Additionally, our platform is designed to enhance members' quality of life, supporting their physical, mental, and financial health while improving morale and fostering a healthier workplace environment.

Members can access their benefits securely via our app. This catalog provides detailed insights into the tools and services available on the AWP platform.

We look forward to helping you and your team achieve better health, greater savings, and a stronger sense of well-being. Welcome to AWP, your gateway to smarter healthcare!

## Product Descriptions

### Base Health Assessment

Participation in the Advantage Wellness Program begins with completing a **Base Health Assessment**—a structured and comprehensive screening tool designed to identify key areas of physical and mental health needs.

This assessment, modeled after tools used in primary care, is essential for your initial enrollment and provides valuable insights into your overall well-being.

The topics covered in the assessment range from physical health metrics to emotional wellness, helping you and your healthcare providers to recognize areas for improvement. The results can be securely shared with your medical professionals or trusted family members.

Most importantly, the answers you provide will be used to personalize your AWP experience, ensuring you receive the most relevant tools and support for your health journey.

## **Customized Plan for Wellness**

Your health journey is unique, which is why the Advantage Wellness Program provides you with a **Customized Plan for Wellness**. Based on the results of your Health Assessment, this tailored plan offers actionable insights into your emotional and physical well-being, along with practical strategies to improve your overall health.

The Plan for Wellness evaluates key areas such as **Lifestyle, Physical Activity, Nutrition, Sleep, Emotional Wellness**, and more than **20 Vital Health Metrics**. Additionally, it integrates access to **Cognitive Behavioral Therapies (CBTs)** to help you develop and reinforce positive behaviors and habits. With this tool, you can gain a deeper understanding of your health and have the resources to make meaningful, lasting changes.

## **Mental Health Counseling**

The Advantage Wellness Program includes **Virtual Mental Health Counseling**, offering 24/7 access to short-term, purposeful care through app, web, or phone. With mental health challenges affecting millions of individuals—4 in 10 adults in the U.S. have reported symptoms of anxiety or depression in recent years—our program ensures employees and their families have access to vital support at **no additional cost**.

This program is designed to address issues such as **Anxiety, Depression, Stress, Grief, Work and Family Concerns**, and **Substance Abuse**. All counseling is conducted by licensed professionals with Master's-level degrees or higher in fields such as counseling, social work, or psychology.

Members have the option to request a specific counselor gender and are guaranteed continuity of care by collaborating with the same counselor throughout their experience. With this service, AWP is committed to providing compassionate, accessible, and professional mental health care for you and your loved ones.

## **Personal Health Advisor**

Every AWP member is supported by the **Personal Health Advisory** service, providing personalized guidance to help you achieve better health outcomes. Whether you're managing a chronic condition,

navigating a new diagnosis, or focusing on preventive care, this service is here to assist you every step of the way.

Our multi-disciplinary team of in-house experts collaborate with top medical facilities and specialists across the country to deliver exceptional support. The services include:

- **Second Opinions**
- **Medical Records Collection**
- **Medical Bill Negotiation**
- **Critical Diagnosis Support**
- **Initiative-taking Preventive Care Strategies**
- **Chronic Condition Management**
- **Support for Age-Related Health Issues**

With the Personal Health Advisor, you have access to a trusted partner who will simplify the complexities of healthcare and ensure you receive the best possible care.

### **3D Body Scan**

With the Advantage Wellness Program, members who use Apple devices can access a **3D Body Scan** feature to measure, track, and monitor their fitness and health anytime, anywhere.

By utilizing depth sensors already built into your device—like how your phone recognizes your face, the system captures thousands of data points to map the contours of your body. Complex algorithms, then they analyze this data to provide insights into your health metrics.

Our body imaging technology is designed to be safe for everyone, including pregnant women, and prioritizes your privacy. No photographic images are captured; instead, the system uses heat-mapping silhouettes in monochromatic (black and white) form, ensuring your security while delivering valuable health insights.

### **Real-Time Health Monitoring**

AWP members can access **Real-Time Health Monitoring** services that provide instant insights into their vital signs and health risks. By simply using the camera on your smartphone or other web-connected devices, you can quickly estimate key health indicators in under 30 seconds.

This technology helps monitor and predict risks associated with chronic diseases, including:

- **Blood Pressure**
- **Cholesterol**
- **Diabetes**
- **Stress Index**
- **Irregular Heartbeat**
- **Cardiac Workload**

- **Post-Operative Care**
- **Skin Cancer Risks**
- **Blood Oxygen Levels**

With just the touch of a finger or a facial scan, you can measure metrics such as heart rate, respiratory rate, blood pressure, and stress levels. Radius 360's real-time health monitoring empowers you to stay initiative-taking about your health and make informed decisions with ease.

### **Digital Vital Signs – Track Your Health with Your Smartphone**

Transform your smartphone into a powerful health monitoring tool with **Digital Vital Signs**, a feature that uses advanced sensors and AI technology to help you stay on top of your wellness. This innovative tool allows you to effortlessly track key health metrics such as:

- **Heart Rate**
- **Blood Pressure**
- **Blood Oxygen**
- **Heart Rate Variability (HRV)**
- **Respiratory Rate**
- **Stress Levels**
- **Cough Detection**
- **Tuberculosis Screening**
- **COVID Monitoring**
- **Spirometry**
- **Skin Health**
- **Sexual Health**

With real-time monitoring, you can track daily health trends or prepare for a medical check-up without the need for specialized equipment. Stay initiative-taking about your health anytime, anywhere, and gain valuable insights into your well-being with just a few taps on your smartphone.

### **Prescription Drug Discounts**

Save on your medications with AWP's **Prescription Drug Discount Program**, offered in partnership with a leading national vendor. With rising costs due to high-deductible health plans, copays, and underinsurance, over 70% of Americans could reduce their expenses by using our prescription savings card. Members can save **up to 80%** on commonly prescribed medications and, in many cases, pay less than their current copay.

Accessing your savings is simple: open the **Prescription Discount** tab in the portal, display your QR code, and present it at participating pharmacies such as CVS, Rite Aid, Walgreens, Kroger, Walmart, Safeway, and more. With AWP, affordable medications are always within reach.

## At-Home Lab Tests with Consultation

To support preventive care and chronic condition management, the AWP plan provides members with access to **one no-cost at-home lab test per year**, including a telehealth consultation to review the results. Choose from a comprehensive list of tests, such as:

- **Adrenal Stress**
- **Cervical Cancer Screening (HPV)**
- **Colorectal Cancer**
- **Comprehensive Fitness (Male/Female)**
- **Food Sensitivity**
- **Heart Health**
- **HIV Testing**
- **Male/Female Fertility**
- **STI Panels (5 or 8 Panel)**
- **Thyroid Health**
- **Vitamin D**
- **Weight Loss (Male/Female)**

The kit is mailed at no cost and includes a prepaid return box for convenience. Once results are ready, members can schedule a teleconference with a healthcare professional to review findings. Members also receive a **20% discount** on any additional tests they choose to order, all accessible through the **AWP Portal**.

## Primary & Urgent Telemedicine

AWP members can access **24/7/365 telemedicine services**, connecting with U.S.-based, board-certified doctors via phone, website, or app. With an average time of under **6 minutes**, this service reduces waiting, absenteeism, and unnecessary out-of-pocket costs, providing fast and effective care. Common conditions treated include:

- **Cough, Sore Throat, Flu, Sinus Issues**
- **Skin Rashes, Bug Bites, Allergies**
- **Muscle or Joint Pain, Body Injuries**

- **Medication Refills**
- **Sexual and Reproductive Health**
- **COVID-19, STIs, Yeast Infections**
- **Toothaches, Gum Issues, Eye Issues**

No pre-registration is required, and the program boasts a **45% utilization rate**, ensuring that members receive timely and reliable care whenever they need it.

## **Fitness Tracker Integration**

Stay on top of your health by synchronizing your fitness and health tracking devices to the AWP Portal. Compatible with both Apple and Android devices, this feature allows you to track and monitor key health metrics, including:

- **Blood Pressure, Cholesterol, Weight, Blood Sugar, BMI**
- **Heart Rate, Body Fat, and Blood Oxygen**
- **Nutrition, Hydration, Fiber, and Caloric Intake**
- **Sleep Patterns (Time Asleep, Wakeups, Sleep Quality)**
- **Emotional Health (Stress, Meditation, Time Unplugged)**

Members can also participate in challenges and maintain personal health journals to stay motivated and achieve their wellness goals.

## **Wellness Challenges**

AWP offers monthly **Wellness Challenges** to encourage healthy habits and friendly competition. Members can participate anonymously or alongside coworkers and other plan participants. Challenge topics include:

- **Step Contests**
- **Weight Loss Competitions**
- **Sleep Improvement Initiatives**

Join the fun, stay motivated, and work toward better health as part of the AWP community.

## **Cognitive Behavioral Trainings (CBTs)**

AWP partners with leading national providers to offer a wide range of **Cognitive Behavioral Trainings (CBTs)** to support mental health and lifestyle improvements. Topics include:

- **Stress Management and Resilience**
- **Building Confidence and Motivation**
- **Healthier Lifestyles and Habit Creation**
- **Diet, Nutrition, and Healthy Weight**
- **Substance Abuse Support**
- **Managing Chronic Conditions (e.g., Diabetes)**
- **Quitting Tobacco and Nicotine**
- **Sleep and Stress Management**

These professionally taught and self-administered trainings are accessible **unlimitedly** through the AWP Portal, empowering members to take control of their health and well-being.

## **Personal Health Record (PHR)**

AWP provides each member with an encrypted, Hi-Trust Certified **Personal Health Record (PHR)**. This secure platform allows members to store and share their **Personal Health Information (PHI)** with confidence, knowing it is protected by the highest levels of encryption. Store and organize important health details such as:

- Emergency Contact Information
- Doctor's Office and Insurance Details
- Medical Records and Other Important Documents

Your health information is always secure, easily accessible, and ready when you need it.

## **Smoking Cessation Program**

AWP offers a professionally developed, self-guided **Smoking Cessation Program** to help members eliminate tobacco and vaping from their lives. This 10-part **Cognitive Behavioral Training (CBT)** series is designed to provide a step-by-step approach to quitting, with sessions that include:

1. **A Whole New Way** (Introduction)
2. **What is the Real Choice?** (Orientation)
3. **Do You Hear Yourself?**
4. **The ONE Reason You Smoke**
5. **Prepare for Your Breakthrough**
6. **Tell the Truth**
7. **Being the Boss**

8. **The Difference Between 99% and 100%**
9. **A Future Full of Possibility**
10. **Commitment Takes Character**

This program empowers members to make meaningful changes and build a healthier, smoke-free future with confidence and support.

## **Check Your Lungs by Coughing into Your Phone**

With **AWP Respiratory AI**, monitoring your lung health has never been easier. Simply cough into your smartphone, and the AI will analyze your cough to assess your respiratory health and check for a range of conditions in just seconds. It is a fast, non-invasive way to stay informed about your lung health.

## **AI for Population-Wide Health Checks**

AWP AI makes it easy for enterprises, governments, and healthcare organizations to implement **automated health assessments** for large groups. By enabling early detection and intervention, the platform supports better health outcomes on a population-wide scale.

Key Features:

- **Health checks for staff, communities, and populations**
- **Customizable assessments to meet specific needs.**
- **Distribution across digital channels for accessibility**
- **Real-time monitoring of results and responses**
- **Integration into existing products and services**
- **Compliance with data protocols and security standards.**
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With AWP, health assessments are streamlined, scalable, and effective, ensuring better health management across entire populations.

## **AWP AI Skin Checks – Take a Picture, Know Instantly**

**AWP AI Skin Checks** provide an easy, instant, and affordable way to monitor your skin health. Simply take a picture of a lesion, and the AI will analyze it to determine if it is low, medium, or elevated risk for skin cancer. **Why Skin Checks Matter**

Skin cancer is the most common cancer worldwide, with over 9.9 million new cases each year. Early detection is critical, as skin cancer is highly treatable in its preliminary stages but can be life-threatening if left undiagnosed or untreated. The three primary types of skin cancer are:



- **Basal Cell Carcinoma:** The most common and least severe form.
- **Squamous Cell Carcinoma:** Less common but more aggressive than basal cell carcinoma.
- **Melanoma:** The least common but most dangerous, accounting for many skin cancer-related deaths.

#### **Risk Factors:**

- UV exposure from the sun or tanning beds
- Fair skin or a family history of skin cancer
- Weak immune system

AWP empowers you to **regularly monitor lesions**, ensuring early detection and peace of mind.

## **AI Specialists**

Unlock the power of super health intelligence at your fingertips 24/7/365! Our “ask anything” feature allows you to speak directly to the phone or upload a document for review. You will then be prompted to the most relevant information. Every response is pulled from a vast pool of the world's health knowledge, but it is shaped by you, your data and what you choose to share.

## **Virtual Health Care On-Demand**

Experience a smarter, more convenient way to manage your health with the **AI Doctor**—an innovative virtual assistant powered by advanced artificial intelligence. This tool analyzes symptoms, provides personalized medical advice, and recommends next steps for your health, all available 24/7 from the comfort of your smartphone or device.

Simply click the microphone and speak to your phone to receive immediate assistance, whether you're seeking guidance for minor concerns or more complex health issues. Additionally, you can securely share your health information with family members, doctors, or caregivers, ensuring they are informed and can provide the best care possible.

**Why Choose AWP AI?** AWP's health monitoring tools offer innovative, real-time solutions for managing respiratory and skin health. With its user-friendly design, advanced AI, and actionable insights, AWP delivers the knowledge and support you need to stay initiative-taking about your well-being—anytime, anywhere.