

ARE YOU OPTIMIZING YOUR HEALTH?

START HERE:

WOULD YOU RATE YOUR HEALTH AS FANTASTIC?

NO

84%
of consumers rate as good, but not great

YES

IS GETTING HEALTHY A "TEAM SPORT" TO YOU?

YES

68%
say social support is a motivating factor in achieving health goals

NO

DO YOU MAKE HEALTH A PRIORITY?

NO

>50%
say work is #1 barrier to healthy living

YES

ARE YOU MOTIVATED BY MONEY?

ARE YOU A DIGITAL HEALTH JUNKIE?

YES

96%
would engage in health behaviors if rewarded

NO

15%
do not think health co. should have reward programs (85% do!)

YES

47%
use tracking devices + apps to support health goals

NO

REGARDLESS OF YOUR PATH, EVERYONE HAS THE ABILITY TO OPTIMIZE THEIR HEALTH!

You can achieve optimal health regardless of demographics, available benefits or health status. A health optimization platform connects consumers with the right motivation, resources and support to live a happier, healthier life.

To learn more visit welltok.com/blog

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