

BE GREAT AT ANYTHING™

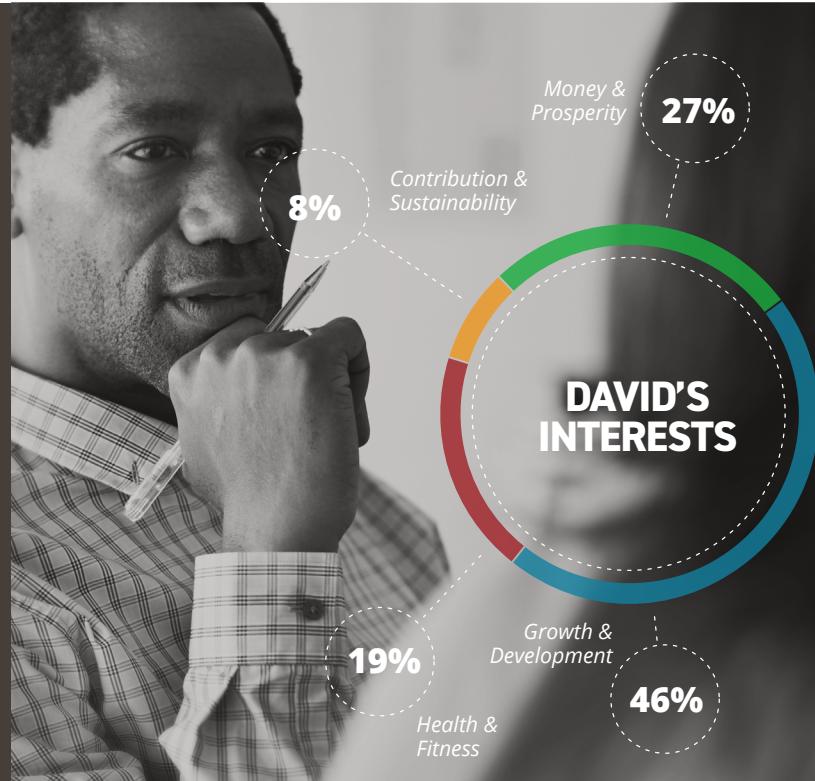


WE CREATE EXPERIENCES THAT MATTER

Take charge of what is most important to you, so you can *Be Great At Anything*™.

Meet David. He's a 56-year-old accountant, father of three. While he cares about his Health & Fitness, it is not his main area of personal improvement. Instead, he's focused on Growth & Development, enhancing his leadership skills.

Since January 2018, there has been a **367%** boost in coaching engagement due to the increased breadth and depth of our Paths.



DIGITAL TO HUMAN CONNECTIONS



SELF-GUIDED
PATHS



DIGITAL
CONVERSATION



GROUP
COACHING



1:1
INTERACTIONS

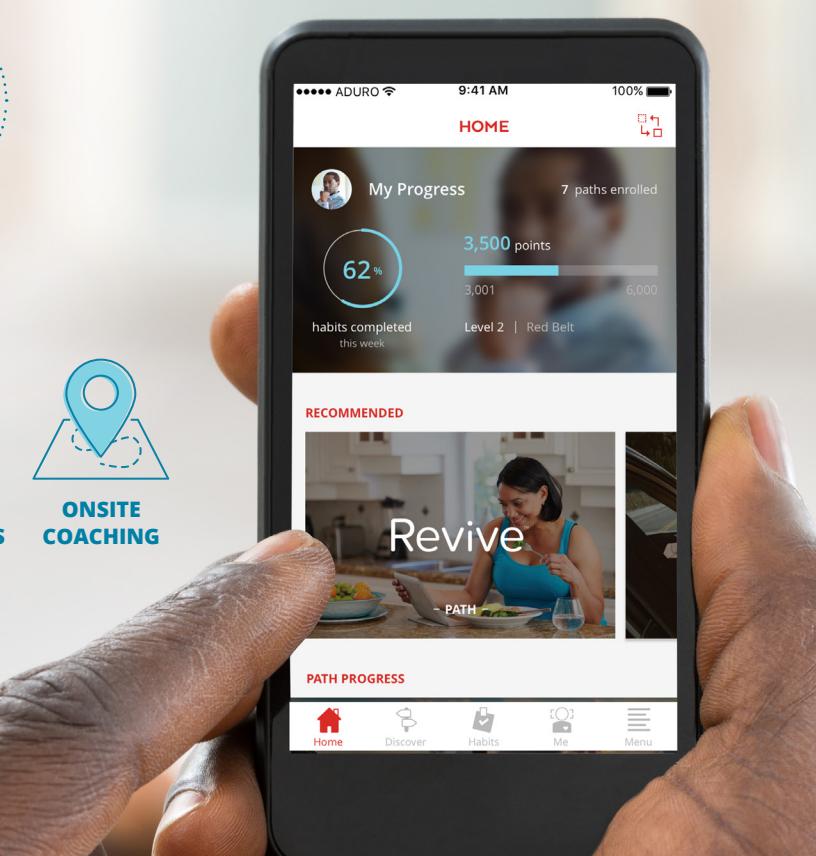


ONSITE
COACHING

+300
Paths, Practices,
Habits

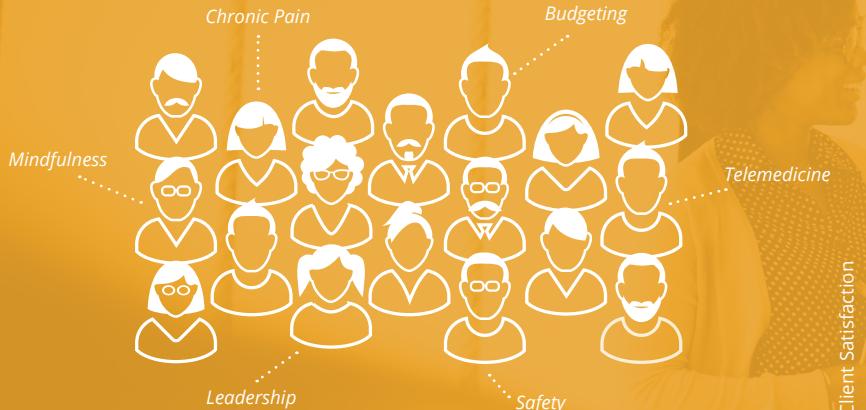
Paths, Practices,
Habits

Paths, Practices,
Habits



We meet participants where they are by offering the ADURO Human Performance in various modalities, from a self-guided app experience to individual coaching.

INSPIRE YOUR TOTAL POPULATION



We pride ourselves in stellar client satisfaction. As an extension of your internal team, we build a Human Performance strategy that best suites your organization's culture and goals. We even offer marketing expertise to help drive overall engagement.

4.3/5

Account Management Overall

4.5/5

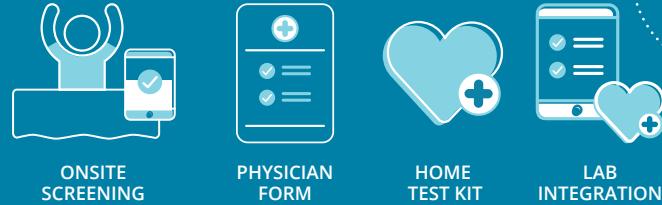
Account Management Responsiveness

4.3/5

Account Management Recommendations

MEASURE YOUR POPULATION WITH WELLMETRICS®

Biometric screening options are available to best meet each person's needs. A concierge experience allows participants to engage with a coach to better understand their numbers. They can also immediately enroll in a Human Performance Path.



70% **44%**

of ADURO's Revive™ participants improved at least one prediabetes risk factor

Diabetes Prevention

of ADURO's Breathe Easy participants remained tobacco-free between 2013 and 2017

Tobacco Cessation

>2M

Coaching engagements since the start of 2018 (>5M projected by the end of 2018)

Coaching Engagements

OUTCOMES THAT MATTER

As an employer, you have the power to drive down costs, one person at a time. And, most importantly, the actions you take could positively impact — and even save — lives.



Learn more at adurolife.com or call 866.906.2433.