

WHOLE MIND, WHOLE BODY, WHOLE LIFE

► *Physical* ► *Emotional* ► *Financial*



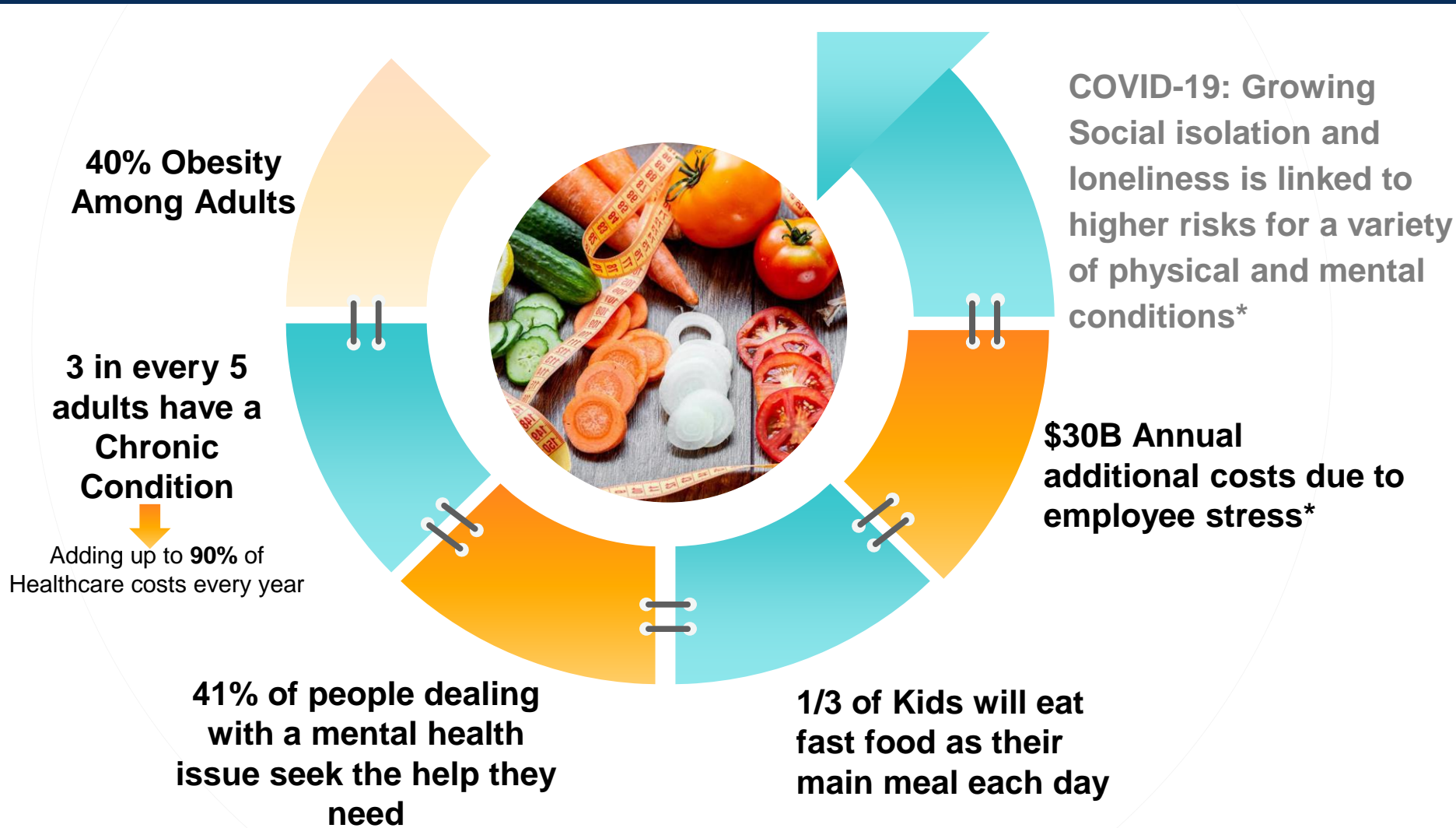
It Works: Employers of All Sizes Turn to BurnAlong Cities, Schools, Insurers, Hospitals, Unions

PARTIAL CLIENT LIST



Today's HEALTH CRISIS:

How much is our unhealthy workforce costing your bottom line?



*Source: NIH: Includes "high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death."

People Are Stressed Like Never Before!

How is Your Organization's Meeting the Needs of Everyone?

The Problem:

- Since February, **21% increase** in prescriptions filled for depression, anxiety and insomnia. **78% were NEW or first-time prescriptions!**
- In late June, **40% of US adults** reported struggling with mental health or substance use, according to the CDC.
- Young adults aged 18 to 24 **were hit the hardest, with nearly 63% showing symptoms of anxiety or depression.**
- **76% of Employees** say workplace stress has created a negative impact on their personal lives AND **66% have lost sleep due to work-related stress**
- **7 in 10 workers** claim that Coronavirus Pandemic is the most stressful time of the professional career.



We are All Stressed Like Never Before!

How is Your Organization's Meeting the Needs of your Members?



Meet your members
where they are.
Individuals have
varied health needs or
priorities based on
age, gender, and
tenure at the
company.

Partial List



Mental Health



Barre



Strength



Abs



Meditation



Office Workout



Dog Workouts



Financial Wellbeing



Glutes



Life Coaching



Stress Management



Prenatal



Cardio



Cycle



Dance



Educational



Fit Over 50



Parenting



Sleep



Travel



Intro Videos



Nutrition



Parkinsons



Physical Therapy



Pilates



Self Defense



Starters



Mindfulness



Adaptive Workouts



Arthritis



Stretch and Restore



Yoga



Youth



Arms



Bodyweight



Bootcamp



Boxing



Cancer Wellness



Seniors



Sports Performance

The BurnAlong Solution
Changing Behavior/Changing Lives

► Physical ► Emotional ► Financial

The BurnAlong Solution.

Meeting Employees Wherever They Are – Anytime & Anywhere.

‘Bringing People Online What Works In Person’



1 CHOICE AND DIVERSITY

- ➔ 750+ Relatable Instructors
- ➔ 45+ Categories
- ➔ 5000+ classes

2 SOCIAL MOTIVATION

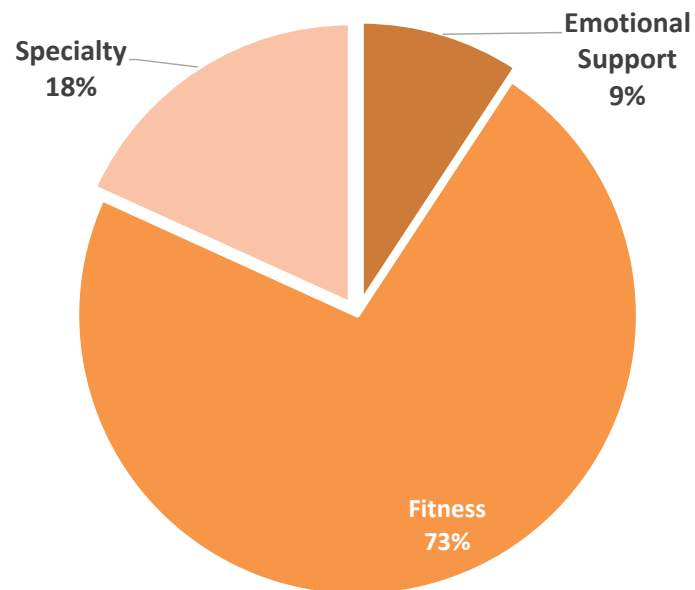
- ➔ Up to 4 Family Members can join for free
- ➔ Join Classes & Invite your family, co-workers, & friends
- ➔ Meet new people in communities

3 PERSONALIZATION

- ➔ Survey to start: meeting Employees where they are
- ➔ Track Conditions & Goals
- ➔ Machine Learning

Optional Social:
See & hear people you know live.
Class is synchronized across your
group (iOS, Android & web)

Inclusively Supporting the Needs of a Diverse Population



SPECIALTY

- Adaptive Workouts
- Arthritis
- Diabetes
- Fit Over 50
- Parkinson's
- Physical Therapy
- Prenatal
- Nutrition

EMOTIONAL SUPPORT

- Life Coaching
- Meditation
- Mental Health
- Mindfulness
- Parenting
- Sleep
- Stress Management
- Travel

27%

of Classes Taken are Specialty & Emotional Support (Fast-Growing Area)



Take Classed Alone or With Others Anytime, from Anywhere



Results Driven.

For Clients and Insurers. It's Working.

5x Industry
Engagement
Average



**4X More Likely
to be Engaged**

Sub-Accounts

68% More Engaged

Those Struggling



4X More Engaged

Those Who Want Social

**29% of Users Take Specialty
& Emotional Support Classes.**

Specialty & Emotional



“

Having so many different locations and shifts makes it difficult to deliver programming to everyone and BurnAlong has been an amazing addition to help us do that.

With BurnAlong we're boosting participation ... for all ages and levels. And we're seeing the results in the great engagement numbers, feedback, and sweaty smiles!

”



- Lili Rojas
Wellness Program Manager
Montgomery County Government

Developing Case Studies with Doctors

- ▶ **Gestational Diabetes**
- ▶ **Cancer**
- ▶ **COPD**
- ▶ **Diabetes**
- ▶ **Geriatric Prehab**
- ▶ **MS**





BOTTOM LINE ► HAPPY AND HEALTHY EMPLOYEES ARE GOOD FOR BUSINESS

“Do well by doing good”
– Benjamin Franklin

High performing organizations

are...

11x

more likely to have abroad employee wellbeing strategy than low-performing organizations.



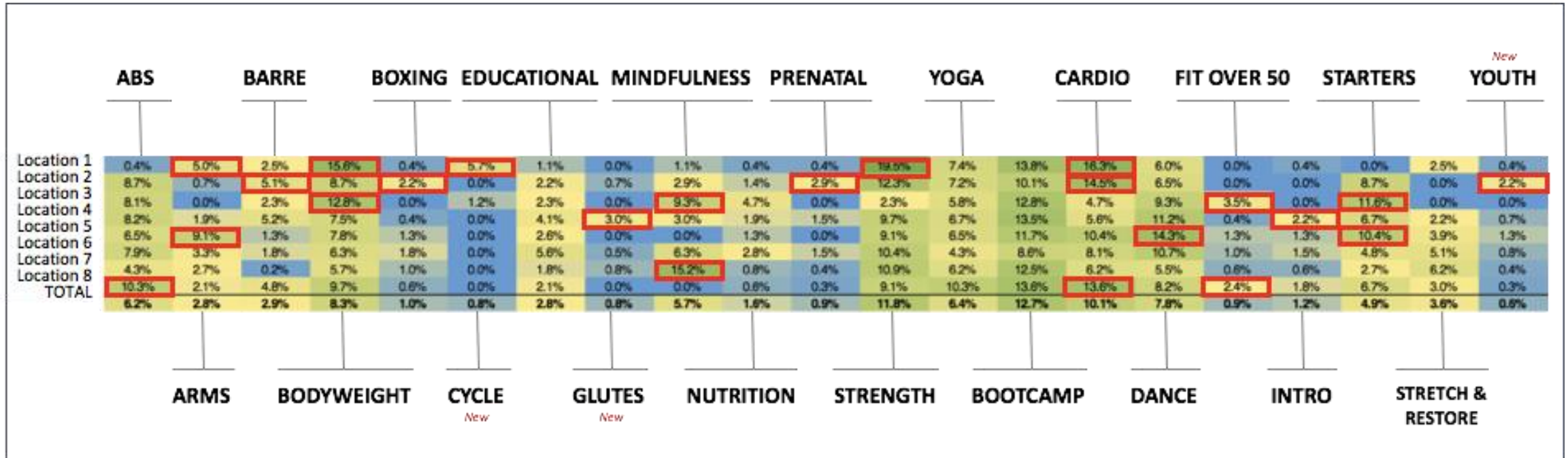
Source: Bersin, Deloitte Consulting.



EVERY LOCATION AND INDIVIDUAL HAS OWN PREFERENCES

► *Watercooler Effect*

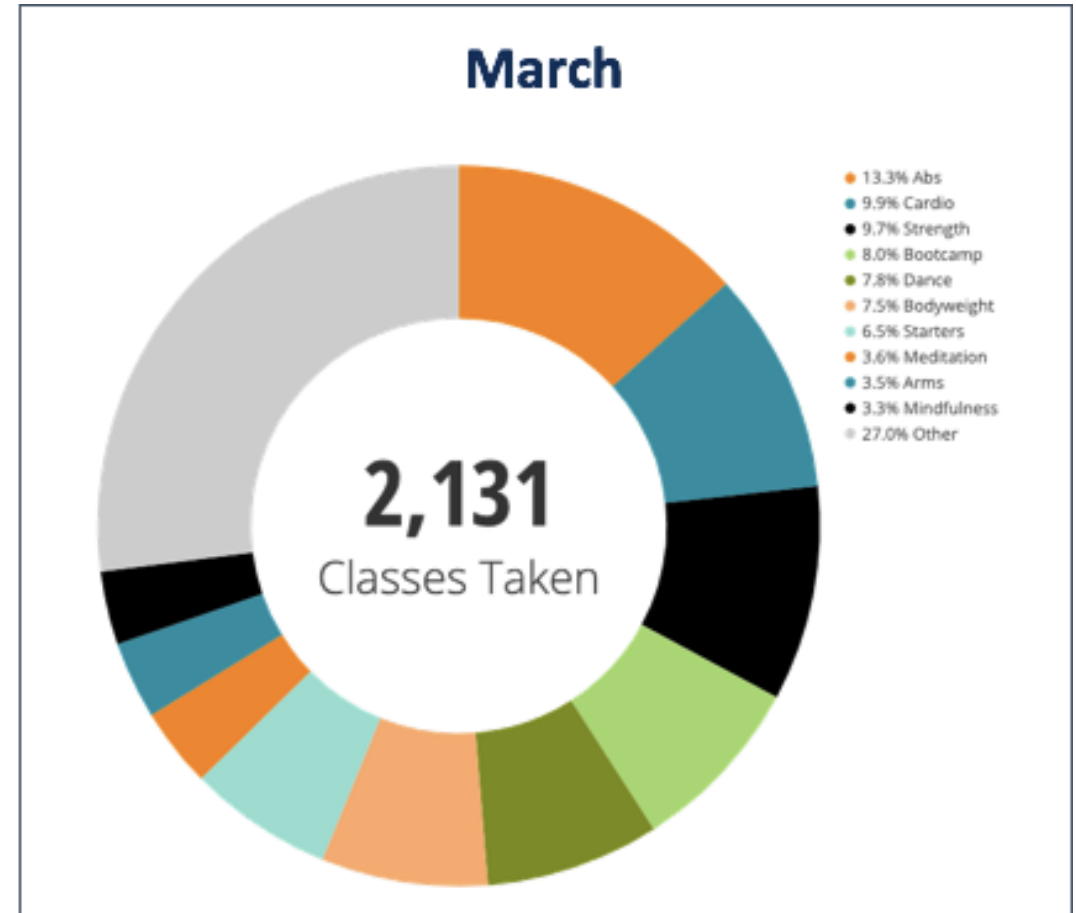
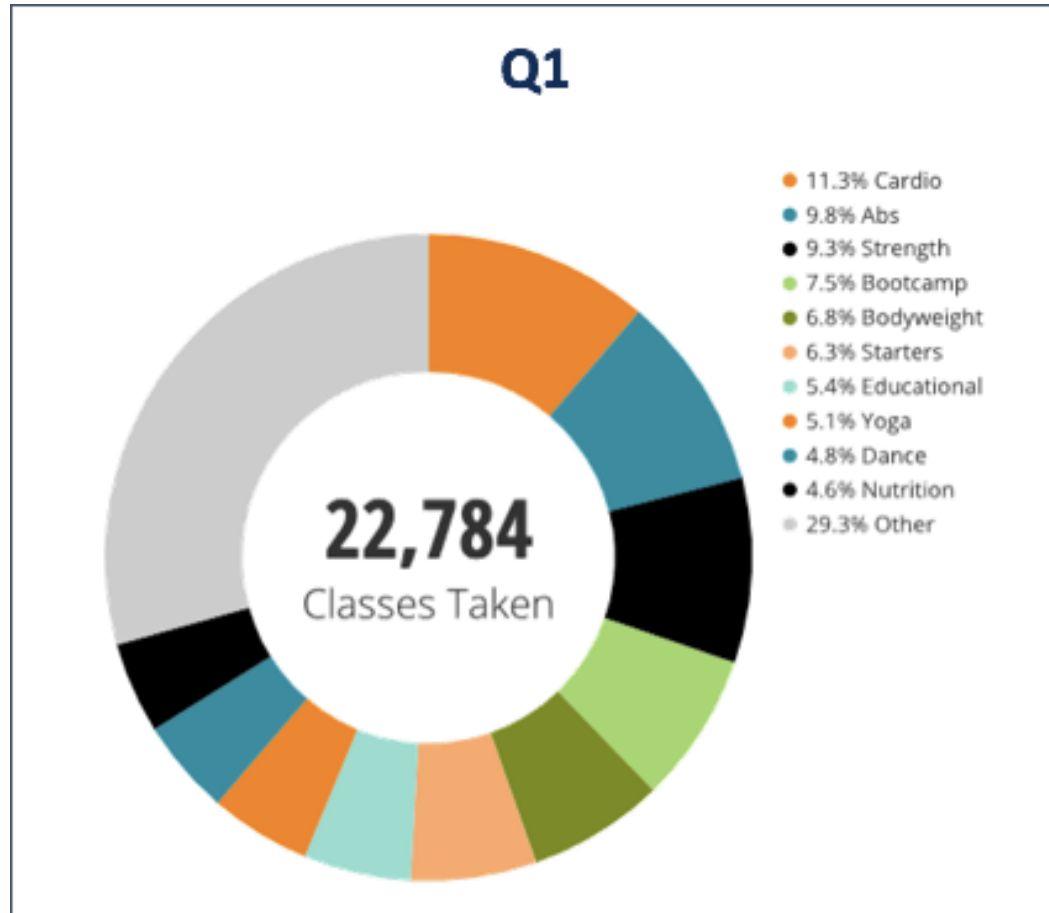
Sample





CHOICE IS KEY ► UTILIZING WIDE RANGE OF CLASSES

Sample



“Whole Mind, Whole Body, Whole Life”



Join Us!

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*Wherever life finds you,
BurnAlong meets you where
you are
and improves the journey.*