



**The Rolling Strong app is structured to create awareness in 5 key areas that promote optimal health.**

A tool to learn and practice healthy activities and through repetition, healthy habits are created.

The app provides education and coaching support to help drivers on their health journey.

**Health Services :**

- Health assessments
- Health risk assessment (HRA)
- Higi kiosk assessment sync
- Pharmacy assessments
- Health services map
- Health Locker- stores all health assessments

**Plus : Social, Education, Competitions and Rewards**

**Improving Lifestyle habits in adulthood, even just a few, can increase quality of life and life expectancy.**

*Harvard Health*



**WELLBEING**

Reach a state of optimal health by focusing on these 5 areas: Wellbeing, Nutrition, Fitness, Sleep, and Hydration



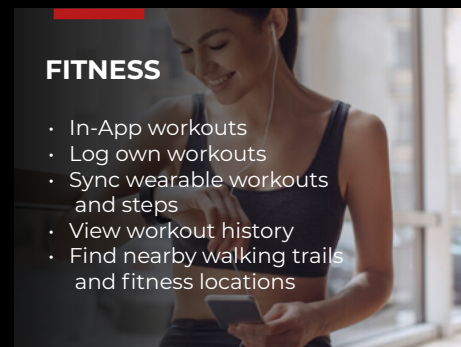
**NUTRITION**

- Nutrition profile
- Search and log food
- View food log by date
- Predict meal
- Create recipes
- Save to favorites
- Meal suggestions and recipes



**FITNESS**

- In-App workouts
- Log own workouts
- Sync wearable workouts and steps
- View workout history
- Find nearby walking trails and fitness locations



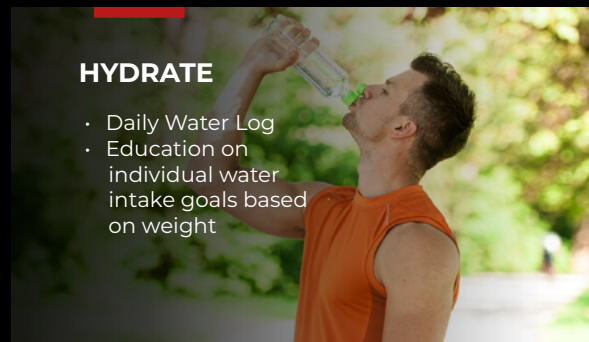
**SLEEP**

- Enter Hours slept manually or sync wearable that tracks sleep hours
- Find truck friendly rest areas
- Cpap support
- Meditation (coming soon)
- Education-articles and podcasts for better sleep



**HYDRATE**

- Daily Water Log
- Education on individual water intake goals based on weight



**Contact – Rolling Strong**

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