



Rolling Strong is a managed service wellness provider.

Each account will be assigned an account manager that will drive engagement and improve population health while assisting your organization with the deployment and management of the Rolling Strong wellness program.

Program Management

\$2.00 PEPM

based on eligible population

(Volume discounts apply)

Minimum \$500 per month.

Includes

- Free mobile wellness App
- Assigned Account Manager
 - Wellness marketing management
 - Education distribution
 - Gamification management
 - User management
- Engagement Tools
- DOT Recertification program
- Rolling Strong Games
 - Monthly competitions
 - Yearly award brackets
- Reporting



Premium Users

Employees that upgrade to premium =

additional \$4.00 PEPM

Includes

- Initial coaching session – goal setting
- Premium features - Nutrition, Fitness, Hydration, Sleep, Well-being
- Coach Assessments
- Monthly Competitions and Yearly award bracket participation
- Wearable Integration



Actions

Our program is structured to only charge for the actions your employees engage with. The actions can be paid by the employer or the employee.



Remote Coaching

Company Paid - **\$15 per session**
Employee Paid - **\$25 per session**

Onsite Coaching

\$50 per hour plus travel

Health Assessments

HRA - **\$8.00**
Bio + Lipids - **\$89.00**
DOT Physical - **\$99.00**

Health Check Kiosk

\$600 per month + shipping Cost

- Installed on-site kiosk
- Collects BMI info, BP, Bodyfat%, hydration
- Includes education and insights

Healthcues

Healthcues is a **preventative healthcare platform** that sits on top of any current offerings. It is a fully funded and insured product approved by the department of insurance. It includes the Rolling Strong wellness program and a hospital indemnity plan for eligible employees.

Healthcues also implements a Section 125 plan, which may reduce taxable income for employees and creates payroll tax savings for the employer. The program has no out of pocket monies from the employer or employee and is not replacing any current coverages.

Contact us for pricing



Contact – Rolling Strong

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