

## Exhibit A to the Client Services Agreement

### Fourth Extended Service Term per Section 4 of Client Services Agreement

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

CHP Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Client Name:

Service Term: From: January 1, 2019 To: December 31, 2019

Participant/Locations Count:

Location: Smyrna, GA Eligible Employees: 616

Total Eligible Employees: 541

Pricing & Payment Terms:

Total Annualized Agreement Price: \$125,000.00

Initial Payment Due at Signing: \$ 31,250.00  
(No Later Than 9/30/18)

Contract Balance: \$ 93,750.00

Pre-payment Discount 7%\* \$ -6,562.50

Contract Balance After Discount \$ 87,187.50

Installment #1 Due 1/1/2019 \$ 43,593.75

Installment #2 Due 7/1/2019 \$ 43,593.75

*\*3% of Pre-Payment Discount Held Back for Incentives to be Managed by CHP: \$2,812.50*

Services Included:

- ✓ **Participant Web Portal** – Used for collection and storage of individual participant data, completion of the Wellness Assessment/HRA, scheduling of health screening, appointment reminders, reporting of aggregate information, etc.
- ✓ **Review & Planning Session** – CHP Team meets with Client to familiarize themselves with company culture, determine best locations, dates, and times for screenings and results coaching, discuss communication of the program to employees (kick-off meetings), schedule additional meetings with department heads if necessary, discuss time-line and other aspects of the program (healthy breaks, wellness committee, etc.)
- ✓ **Online Wellness Assessment/Health Risk Assessment** - A census of client employees is imported into our web portal and assigned a unique Member ID to complete and access their Wellness Assessment/HRA
- ✓ **Biometric Screening** – CHP Screening Team collects body measurements (height, weight, waist circumference, % body fat, and blood pressure) and blood draw (Total Cholesterol, HDL, LDL, Triglycerides, and fasting glucose or A1C). CHP staff will confirm that all paperwork and the Wellness Assessment/HRA have been completed and schedule their follow up appointment with the CHP Health Coach to review their results. There is generally no more than one onsite health screening event per 50 employees.
- ✓ **Individual Risk Assessment Report** – A comprehensive report of the participant’s overall health will be available for review on the web portal within five business days of the screening.
- ✓ **Monthly Progress Report** – provided by the CHP Program Manager, this report provides the client with updates on key initiatives, past accomplishments, calendar of events, coaching metrics, participant success stories, etc.
- ✓ **Aggregate Management Report** – After completion of the screening process, a comprehensive Health Management Aggregate Report and an Executive Summary will be presented to the client. This report will contain valuable information including the number of employees who are in a chronic disease state or at risk for future chronic disease.
- ✓ **Incentive Management** – The CHP Program Manager along with the internal CHP support team will track and report on participant compliance and provide Client with timely and accurate information for related payroll adjustments or account contributions.
- ✓ **Cohort Report** – Beginning with the second program year (following the second screening) and every year thereafter, CHP will prepare and present a comprehensive Cohort Report that will provide a comparison of risk levels and risk factors for those employees that participated in each of the screenings for each of the program years.
- ✓ **30 minute one-on-one Results Coaching Session with CHP Health Coach** – Participants will be scheduled post-screening for a session with a CHP Health Coach to review in detail and answer any questions they may have regarding their health risk report. Participants will also work out health goals with action plans and discuss how to overcome obstacles.
- ✓ **Ongoing 15 minute one-on-one Follow-Up Coaching Sessions with CHP Health Coach** – In Follow Up Coaching Sessions, the CHP Health Coach reviews progress, addresses barriers, and revises the individual’s plan and goals. The frequency of coaching sessions is based on the risk level of each participant. While we can modify frequency to the needs of the Client, we recommend the following:
 

High Risk:	8x per year
Moderate Risk:	4x per year
Low Risk:	1x per year
- ✓ **Culture Building** – The CHP Program Manager will provide consultation, activities, and a road map for building a supportive culture in the workplace for the wellness program. This will include aspects such as creating a wellness team, conducting challenges (gamification) and education sessions (Healthy Breaks and/or Lunch & Learns), establishing a communication plan, consultation on incentive plans and recognition, and other culture-building activities.
- ✓ **“Live Better Feel Better” Weight Loss Program** – Includes 12 onsite sessions conducted by CHP Health Coach. Participants will be provided with their individual program booklet, which will include all related content and assignments. Maximum participants per class will be limited to 15. The pricing in primary services table above includes 1 group. Additional groups may be purchased at a discounted rate of \$1,250 per group.
- ✓ **Weekly Meal Plan** – A simple, nutritious weekly dinner meal plan suitable for the whole family and developed by a registered dietitian to make healthy eating easy. Includes links to 5 healthy recipes with suggested side items and a grocery list.
- ✓ **Health Newsletter** – Monthly Electronic Newsletter with hand-picked articles and features designed to help individuals live a healthy and active life.