

NEW ENHANCED WELLNESS BENEFITS

Introducing
Designed Wellness Plus



Great news! ACEC Life/Health Trust AHIP and Premier Designed Wellness Firms, now have access to four fantastic Virgin Pulse partners.

DW+ makes it fun and easy to enrich your wellbeing experience. Dive deeper on the healthy activities and focus areas that interest you most!

DW+ is Launching April 5th

Available programs:

Kaia Health — Pain management | **Foodsmart** — Nutrition
Whil — Mindfulness | **Aaptiv** — Audio-based fitness

Kaia Health

Learn to manage pain with this cutting-edge pain management program. Access Kaia and spend just 15 minutes a day on this multimodal program that combines physical exercise, mindfulness and educational exercises to manage musculoskeletal disorders (back or neck pain) in a natural way. Health coaches are available to support you throughout the program.

Foodsmart

From remote workers trying to eat healthy to rising food insecurity, nutrition is more important than ever. Foodsmart makes healthy eating easy with its powerful mobile app, plus grocery discounts, meal kits and more. Identify how to clean up your diet by taking NutriQuiz. Foodsmart makes healthy food the most tasty, convenient and affordable option for every meal of the day.

Whil

Whil is a leader in mindfulness, yoga and meditation training. Learn to feel calm, build resilience and live better than ever while improving your emotional wellbeing, relationships and sleep. Access a multitude of simple audio exercises—5-minute daily sessions and 250+ science-based mini-courses—to train your brain to relax and help you calm anxiety, focus your attention and improve your sleep.

Aaptiv

Stay fit and calm at home. Aaptiv—the #1 audio-based fitness app—curated their best meditation, yoga, sleep and cardio classes on Apple and Google podcasts. Aaptiv lets you work out when you want, where you want, the way you want. Get unlimited access to audio fitness classes led by certified personal trainers.

Starting April 5th, all members of the AHIP and Premier Plan will have access to new features, Aaptiv, Whil, Foodsmart, and Kaia Health. Members can find these options on the **Benefits page** of their DW account.

Access these new benefits by registering today at

join.virginpulse.com/designedwellness

Download the Virgin Pulse App

