



Program Pricing: Contract Term - 3 years

Required Programs	PEPM	Consumption Pricing	Comment
<i>The SparkHealth Digital Experience</i>	\$3.75	N/A	Wellness platform via app or web browser; Includes FT employees, retirees, and LTD enrollees, spouses and adult dependents
<i>Health Coaching for Life - 1:1</i>	\$3.95	\$80 per session	Virtual 1-on-1 coaching
<i>Health Coaching for Life - Group</i>	N/A	\$4,295 per 12-week program	Virtual Group coaching; 3-12 participants.
<i>Biometric Screenings - On-site, Near-site, At-home</i>	N/A	\$65 per participant	Physician forms - \$25 per form
<i>Implementation Fee</i>	\$0.20	\$3500 one-time fee	Waived if Activation is selected
Total PEPM with coaching and Implementation	\$7.90		

Recommended Programs	PEPM	Consumption Pricing	Comment
<i>On-site Wellness Coach</i>		\$130,000 per year	On-site Coach can cover a majority of 1:1 and group coaching from above. Can deliver onsite and virtual seminars. 1:1 coaching during screenings to review results and recommend action
<i>Activation</i>		\$950 per month	Implementation Fee is waived if Activation is selected
Optional Programs	PEPM	Consumption Pricing	Comment
<i>Chronic Disease Self-Management (Help364)</i>		\$145 per session	Virtual chronic condition management delivered by a Nurse Wellness Coach

*Pricing for telephone and/or video sessions. Onsite priced as needed.

**Implementation fees are waived if Activation is purchased.

*** 2 workshops are included with Activation