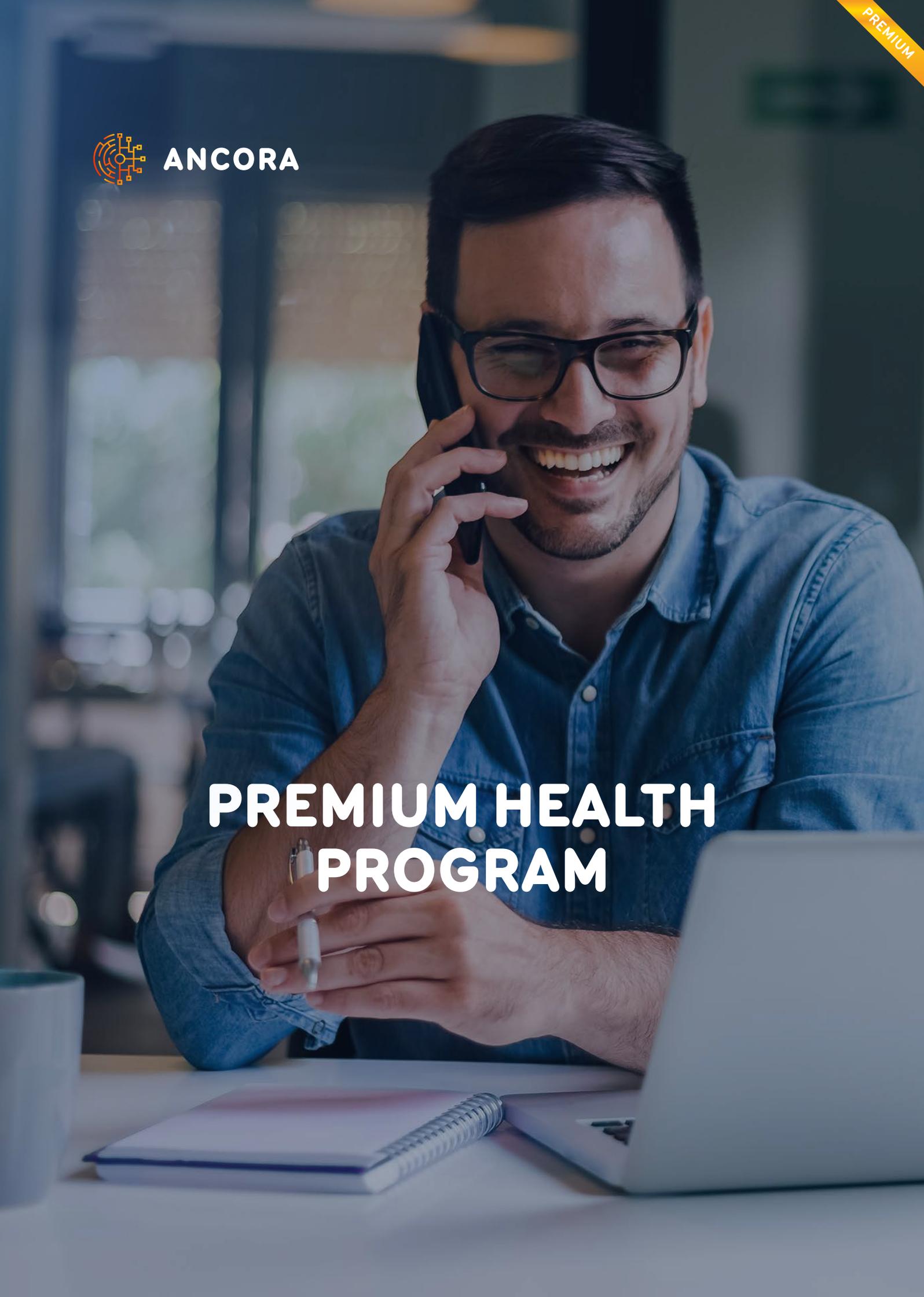




**ANCORA**

**PREMIUM HEALTH  
PROGRAM**



# BENEFITS OF THE PREMIUM HEALTH PROGRAM

With an innovative approach to preventive health, the Premium Health Program lets you get the best out of your most valued talent.

**1**

## Strong return on investment

Did you know that during 2021, 47 out of every 1000 working days in the Netherlands were lost because of illness? A premium employee wellbeing program will tackle this risk. According to independent research, employee wellbeing programs lead to reduced levels of absenteeism, stress and burnout, generating significant return on investment over the long term.

**2**

## Focus on preventive health

Prevention always beats cure! With the Premium Health Program, your valued talent will proactively improve their health and wellbeing when they are still in good shape.

**3**

## Actionable data

The Premium Health Program measures a wide range of data points – physical and mental – to show participants what is really driving their health. Meanwhile, data from our anonymized dashboard can help you as an organization to see what's going well and identify areas for improvement.

**4**

## Expert guidance

Every step of the way, the Premium Health Program offers your valued talent the guidance they need to take their health to the next level. From coaching to action planning, they can rely on our expert team for personalized support.

**5**

## Private and confidential

We share individual results and recommendations privately with each employee through a secure app.

**6**

## Excellent employee experience

In today's labor market, wellbeing has become a crucial part of the reputation of every organization. By showing you care about your people's health, you can foster culture change and ultimately attract, engage and retain the best talent.

# THE EMPLOYEE JOURNEY

See what the experience looks like for your people.

## Onboarding

After completing a pre-screening questionnaire, employees will be onboarded at our health studio in Amsterdam. Alternatively, your employees can get tested at their work location (extra cost applies).

1

 Physical measurements

Body composition, heart, blood, lungs and more.

 Fitness

V02 max oxygen test using an exercise bicycle with increasing

 Lifestyle

Daily routine, habits and goals.

 Mental health and wellbeing

Emotional resilience, stress and wellbeing.

 Biomarkers

Blood and urine test (laboratory analysis) measuring cholesterol, HbA1c, triglycerides, hemoglobin + more than 40 extra biomarkers

 DNA

Cutting-edge polygenic risk scores to measure genetic influence on individual health risks.

2

## Digital results report

Through our web portal and mobile app, you receive a Personal Health Passport with all your key data in one overview.



Secure, encrypted log-in



Test results



Health recommendations

## Action plan

3

Your Personal Health Passport includes a personalized action plan to improve your health and wellbeing.



Plans cover topics such as nutrition, fitness, mental health, and sleep.



You align your plan with a doctor and health coach from Ancora.



You get 16 weeks of personal coaching to put your plan into action.

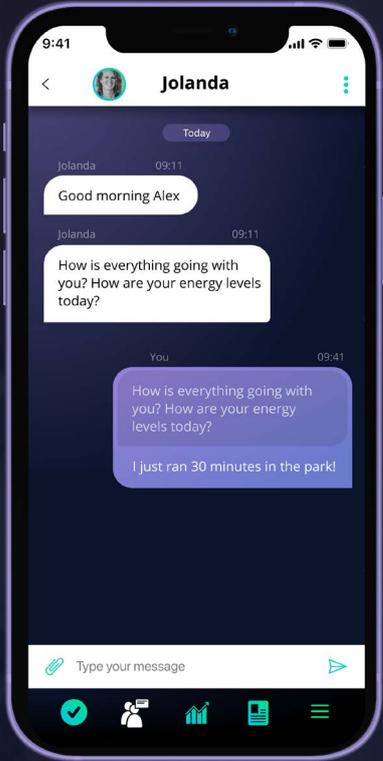


4

## Follow-up and remeasurement

We support your an employees to achieve positive health outcomes over the long term.

- ✓ Access to expert coaching Included in package
- ✓ Remeasurement to track progress (optional add-on)
- ✓ Updated health passport and action plan every time employee gets remeasured (optional add-on)



# WHAT THE PREMIUM HEALTH PROGRAM INCLUDES

Discover the standard features offered with the package.

## Onboarding

Health and lifestyle checks.



- ✔ Assessment at Ancora health studio or at the workplace (extra charge applies for onboarding at the workplace)

## Mental health check

Analysis of emotional wellbeing (via questionnaire).



- ✔ Work-related health risks (e.g. stress)
- ✔ Emotional resilience
- ✔ Advice to improve wellbeing

## Physical health check

Check on basic health indicators.



- ✔ Body fat percentage
- ✔ Visceral fat
- ✔ Muscle mass
- ✔ Strength

## Heart check

Condition of the heart.



- ✔ Electrocardiogram (ECG) in rest situation
- ✔ ECG during exercise
- ✔ Possible risk factors

## Lung check

Analysis of lung functionality.



- ✔ Airways
- ✔ Performance
- ✔ Possible risks

## Oxygen check (VO2 max)

Data to help optimize fitness routines.



- ✔ Maximum oxygen consumption during exercise
- ✔ (An)aerobic thresholds
- ✔ Heart and lung performance
- ✔ Fat oxidation zone

## Blood and urine check

Detailed lab analysis of blood/urine samples.



- ✔ Cholesterol
- ✔ Blood sugar
- ✔ Hemoglobin (anemia)
- ✔ Triglycerides (fats)
- ✔ + more than 40 extra biomarkers

## Personal Health Passport (extended)

Digital report showing results and health recommendations.



- ✔ Performance test results
- ✔ Personalized health goals and action plan
- ✔ Secure, encrypted log-in
- ✔ Available via mobile app
- ✔ 40+ key insights
- ✔ DNA report
- ✔ Future risks

## Results consultation

A private conversation with our doctor to review results and next steps.



- ✔ 30 minute session
- ✔ Key insights
- ✔ Action planning
- ✔ Q&A

## Coaching

16 weeks personal coaching.



- ✔ Certified coaches and health experts
- ✔ Example topics: nutrition, behavior change, fitness, stress management
- ✔ Available through mobile app and video call

# +ADD-ONS

Need a customized package? No problem! We'll happily tailor our offering to meet your needs. Add-on prices vary depending on your organization's exact requirements.



### Expert consultations

Let your employees reach their full potential through sessions with our team of certified coaches and experts.



### Ultrasound scan

Order an scan for your employees to detect early signs of illness.



### Remeasurement

Make good health the gift that keeps on giving – let your employees track their progress over time.



### Corporate dashboard

Track and measure your organization's progress. See what's working and find out where you could still improve.

## GET AN OFFER



### E-mail us

[sales@ancora.health](mailto:sales@ancora.health)



### Call us

(+31) 088 1002 323



### Visit our website

[www.ancora.health](http://www.ancora.health)

# COME SEE US

Make an appointment to visit our modern health studio in Amsterdam. See the modern equipment and state-of-the-art experience we offer.

**Amsterdam**



Danzigerkade 209b,  
1013 AP