

PREMIUM

# PREMIUM HEALTH PROGRAM

Information for Salesforce employees



Together, we're empowering you to own your health

# A PREMIUM HEALTH CHECK WITH PERSONAL GUIDANCE

With an innovative approach to preventive health, the Premium Health Program lets you get the best out of your health. Now and in the future.

1

## Decisive data

- ✔ A wide range of measurements to reveal what drives your health – both physical and mental.
- ✔ In-depth analysis of your heart, liver, kidney, thyroid, metabolism, bones, muscles, blood, and more.
- ✔ DNA report indicating your genetic susceptibilities and risks.

2

## Expert guidance

- ✔ A health improvement plan based on your own data, built around your individual needs and goals.
- ✔ 16 weeks of coaching, with activities you can easily infuse into your daily routine.
- ✔ Expert team ready to support you every step of the way.

3

## Future focused

From nutrition to fitness to mental wellbeing, our methods lead to better health outcomes over the long term.

4

## Private and confidential

Your employer is never able to view your personal data.



# YOUR JOURNEY WITH ANCORA

Here's what the Ancora experience looks like.

## Onboarding

After completing a pre-screening questionnaire, you are onboarded at our health studio in Amsterdam.

1

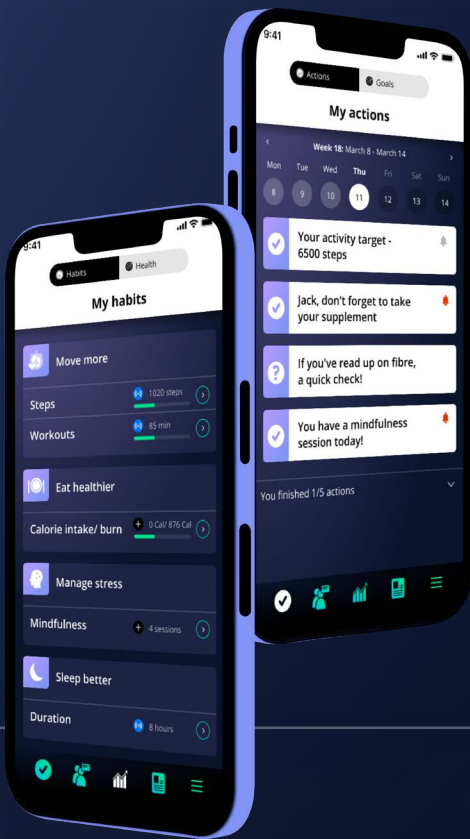
### Key points measured before and during onboarding

 Physical measurements	Body composition, heart, blood, lungs and more.
 Fitness	V02 max oxygen test using an exercise bicycle with increasing resistance.
 Lifestyle	Daily routine, habits and goals.
 Mental health and wellbeing	Emotional resilience, stress and wellbeing.
 Biomarkers	Blood and urine test (laboratory analysis)
 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.

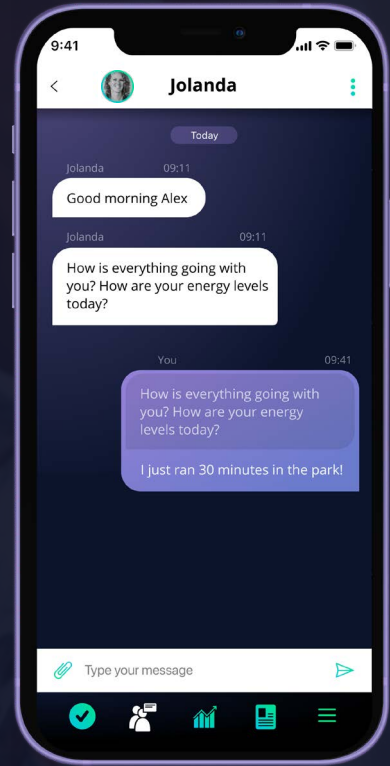


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## Follow-up: remeasurement and add-on services

We support you to achieve positive health outcomes over the long term.

-  Access to expert coaching and consultations (coaching included in your package. Extra charge applies for consultations)
-  Remeasurement to track progress (extra charge applies)
-  Updated health passport and action plan every time you get remeasured. (extra charge applies)



# WHAT THE PREMIUM HEALTH PROGRAM INCLUDES

Discover the standard features offered with the package.

## Onboarding

Health and lifestyle checks.



- ✔ Assessment at Ancora health studio

## Mental health check

Analysis of your emotional wellbeing (via questionnaire).



- ✔ Work-related risks such as stress and burnout
- ✔ Work-related health risks (e.g. stress)
- ✔ Emotional resilience

## Physical health check

Check on basic health indicators.



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

## Heart check

Condition of your heart.



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

## Lung check

Analysis of lung functionality.



- ✔ Airways
- ✔ Performance
- ✔ Possible risk factors

## Oxygen check (VO2 max)

Data to help optimize your fitness.



- ✔ 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 where you can view your 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

Get clarity on your results during a private conversation with our doctor.



- ✔ 30 minute session
- ✔ Key insights
- ✔ Action planning

## 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

You can access optional add-on services from Ancora at an extra charge.  
Add-on prices vary based on your exact requirements.



## Expert consultations

Choose among sessions with psychologists, doctors, nutritionists, or movement scientists.

**€99 per session**



## Remeasurement

Make good health the gift that keeps on giving  
– track your progress over time. Price varies depending on your needs.

## MORE INFORMATION

Want to know more about the program? Contact us to discuss your specific needs!



### E-mail us

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### Call us

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### Visit our website

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