



LiveWell – An integrated approach to holistic wellbeing

LiveWell is the award-winning employee wellness program at Optum. It was established in 2014 and has strengthened over the years to become an end-to-end employee wellbeing program.

RAPID ROUNDUP

- FitWell – Physical fitness and lifestyle management programs touched 12000+ employees in 2021
- RaiseWell – Programs for parents and their little ones touched 2000+ parents in 2021
- PlanWell – Programs enabling employees to manage financial wellness equipped 2000+ employees in 2021

Over the years we have worked tirelessly to make our initiatives data driven and customized to the needs of our employees. A testament to this is the 'Tree of Resolution' program, launched earlier this year, where employees could submit their personal resolutions around their physical, emotional, family, social and financial wellbeing. Based on the tremendous response from employees and taking into consideration their inputs and feedback, we tailored the initiatives across all three pillars.

Also, amidst the COVID-19 crisis, owing to our platforms, experience and robust ecosystem that have leveraged advanced technology solutions for many years, we have been able to extend the all-round support to our employees and their families with agility.

Wellbeing programs to support during pandemic:

UnitedCARES: This program has resonated with our employees in a big way and gives a message to our employees that we truly CARE for them. The programs and resources available for employees and their family include:

- Telehealth for virtual medical care
- Enhanced insurance benefits
- Financial Assistance in case of emergency
- Counselling support from mental health experts
- Online digital solutions to help manage stress and anxiety
- Nutrition consulting for boosting immunity

As times and circumstances change, our focus remains on understanding our employees' current wellness needs and preempting those of the near future. We are doubling down on listening to employees' feedback and designing programs across digital platforms that would help them achieve their wellness goals.

