

Intro:

[Greeting]

As social media feeds fill with last-day-of-school photos, recognition of the sun shining a bit longer each day, and all things outdoors, it feels like a good time to pause and enjoy this transitional time of year. While calendars ~~continue to remain full of business needs (does 'slow season' even exist any longer?)~~, hopefully you're able to enjoy outdoor meetings, in-person lunch/coffee strategy sessions and getting those steps in while taking calls. Coming off your Memorial Day holiday, I hope you return to the office feeling refreshed and ready to optimize on the latter half of the year. This is also the time to remember the importance of skin/sun care and prevention. I grew up in the era of sunning our days away with as minimal sunscreen as possible and learned from that in my late 20's with a Stage II-b melanoma diagnosis. Safety quickly trumped vanity, and with annual skin cancer screenings combined with appropriate sun practices, I've had no recurrence. If you enjoy the outdoors, look for UPF clothing, which protects your skin from UV rays. SPF is the gauge of time it takes for UV-exposed skin to become red. A 30+ sunscreen is best—in tandem with finding a preferred dermatologist for your own annual screenings! remain full of business needs, I hope you've been able to enjoy outdoor meetings, get those steps in while taking calls, and take a few moments or days to unplug.

Time outdoors can be a great boost for our physical and mental health, but we need to remember the importance of sun safety. I grew up in the era of sunning our days away with as little sunscreen as possible, which resulted in a Stage II-B melanoma diagnosis in my late 20s. Safety quickly trumped vanity, and with implementing appropriate sun practices, I've had no recurrence. Check out the Wellness Resources section below for some tips to lower your skin cancer risk.

As always, I'd love your feedback on our newsletter! Reach out anytime at nicolegrasso@bravowell.com.

Be well,

Nicole Grasso
VP, Partner Success & Marketing

Partnership Growth Update

~~In a world laden with acronyms, we are now seeing the flurry of planning around GLP-1 drugs. Many of our clients are looking at how they can manage a strategy around supporting these drugs with a wellness program that supports true lifestyle change that ensures a long term commitment to better health.~~

Bravo ~~has a few ways we are ready~~ is excited to announce new opportunities to support partner with your clients in this emerging space. **on the new frontier of support around GLP-1 drugs.** From ~~Cognitive Behavioral Training~~ cognitive behavioral training course modules that ~~prepare~~ educate participants about the participant mentally for weight loss & encourage the participant to understand importance of sustainable change / ~~important of~~ and strength training ~~(as these drugs can compromise to maintain muscle mass); while taking these drugs, to coach-~~ led weight management coaching programs specified designed to Weight Management programs

~~supplementingsupplement~~ GLP-1's1s, we have multiple interventions that pair perfectly with overall wellness strategies. **Watch for webinars in the coming months on these offerings!**

Client Spotlight

Managing a wellness program through ~~mergers/acquisitions~~ **a merger or acquisition** can ~~potentially risk the~~ **pose risks to** program efficacy. ~~However,~~ **Not for Atos—a, though.** ~~This~~ cloud/AI/cyber-security computing solutions firm out of Arlington, TX —has ensured the wellness program ~~meets the need of both newly onboarded employees from company subsidiaries and long-term employees alike.~~ **continued to make an impact throughout various acquisitions.** Atos and Bravo have partnered since late 2020 to administer a program that rewards participants for ~~seeing their annual provider for routines~~ **routine** physicals ~~with a reduced 'wellness rate', and tobacco incentive of \$1,000 for~~ **and** either being tobacco/nicotine-free ~~and/or~~ **completing an** appropriate cessation ~~courses~~ **course**. This ~~simple, easy-to-engage~~ program ~~ensures the participant has actionable next steps driven by his/her own Provider on areas of focus, recommended age/gender screenings, and screens for mental/emotional well-being.~~ **Through various acquisitions and the new company Eviden under their umbrella is easy to engage in and fosters the valuable patient-provider relationship. Throughout the acquisitions, Bravo has worked** ~~and Atos have partnered to make~~ **tailor** eligibility files, participant portal ~~experience, and communications tailored to meet the needs of Atos and their~~ **growing** employee base. We ~~comment~~ **commend** Atos for their commitment to well-being!

Bravo News

Did you know? Bravo formed a **Client Advisory Board** in 2023 that represents members from our top accounts. This group meets quarterly to cross share tactics, tips, and strategies from their respective programs. While Bravo takes a few moments ~~for leadership~~ to share updates and ~~road map~~ **roadmap** innovations, the ~~focus~~ **majority** of the time is ~~dedicated to~~ **dedicated to** facilitating a space for companies to glean from each other ~~on best practices.~~ **David Pass, EVP of Client Experience, would be happy to answer any questions you have** ~~around~~ **about** our Client Advisory Board sessions via davidpass@bravowell.com.

Wellness Resources

~~June is National Great Outdoors Month.~~ **Getting outside is a great healthy habit to promote in wellness programs—here's a flyer we like to use!** ~~Beautiful June weather is the perfect excuse to focus on getting healthier outside.~~

~~Spending time outdoors has numerous benefits for physical, mental, and social health. But don't forget to protect the health of your skin!~~ **Over 9,500 Americans are diagnosed with skin cancer every day.** ~~Sunscreen saves lives, especially when combined with other sun safety practices, such as brimmed hats, sunglasses, utilizing shade, and covering up with clothing.~~

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Partnership Growth Update

Bravo is excited to announce new opportunities to partner with your clients on **the new frontier of support around GLP-1 drugs**. From cognitive behavioral training course modules that educate participants about the importance of sustainable change and strength training to maintain muscle mass while taking these drugs, to weight management coaching programs designed to supplement GLP-1s, we have multiple interventions that pair perfectly with overall wellness strategies. **Watch for webinars in the coming months on these offerings!**

Client Spotlight

Managing a wellness program through a merger or acquisition can pose risks to program efficacy. **Not for Atos, though.** This cloud/AI/cyber-security computing solutions firm out of Arlington, TX has ensured the wellness program continued to make an impact throughout various acquisitions. Atos and Bravo have partnered since late 2020 to administer a program that rewards participants for routine physicals and either being tobacco/nicotine-free or completing an appropriate cessation course. This program is easy to engage in and fosters the valuable patient-provider relationship. **Throughout the acquisitions, Bravo and Atos have partnered to tailor eligibility files, participant portal experience, and communications to meet the needs of Atos and their growing employee base.** We commend Atos for their commitment to well-being!

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