

SOLUTIONS LICENSING

Aleta™

The Premier Suite of Turnkey Health
and Well-being Solutions

A COMPREHENSIVE SET OF SOLUTIONS PROVEN TO HELP YOU

Overcome top behavior change challenges

Aleta™, our suite of scientifically proven software-as-a-service (SAAS) solutions, help you make a positive and lasting impact on your organization's health and well-being – while also facilitating chronic condition management.

Easy-to-implement programs offer a complete participant and administrator experience, enabling participants to drive their personal behavior-change journey and you to realize your organization's success.

KEY FEATURES



Scientifically
validated
assessments &
algorithms



Immediate tailored
feedback to
activate the change
process



Individualized
behavior-change
SMS nudges



Dynamic activities
to reinforce change
techniques



Future sessions
reflect individual
progress



Targeted insights
from robust
on-demand
reporting dashboard

OFF-THE-SHELF, YET ADAPTABLE TO YOUR NEEDS

If you want to quickly deploy a proven solution to drive improved health, well-being, and engagement across your population, our off-the-shelf, science-based programs may be right for you.

- Fully responsive design on any device
- English or Spanish language delivery
- Align to your brand with white labeling
- Customizations available to suit your unique needs
- Single sign-on and/or API integration available to enable seamless integration

ELIMINATE THE GUESSWORK

Our behavior change programs set the standard

Developed by the experts in the science of behavior change, our programs have been intelligently designed using proven and proprietary algorithms to change behavior. Driven by scientific truths within the leading models of behavior change such as the Transtheoretical Model (TTM), they have also been shown to simultaneously impact multiple behaviors, which can more quickly lead to improved well-being.

	prochange	Others
Developed by	Behavior change scientists who wrote the book	Organizations who read the book
Messaging & feedback	Highly individualized and deeply personalized	Limited segmentation, at best
Results	Sustained behavior change	Short-term behavior change
Effectiveness	Demonstrated in scientific randomized control trials	Claimed from quasi-experimental studies
Best for	Everyone, even those not ready to take action	Only those who are ready to take action

OUR TURNKEY SOLUTIONS

Health Risk Assessment & Intervention

Building Resilience

Stress Management

Weight Management

Healthy Eating

Regular Exercise

Tobacco Cessation

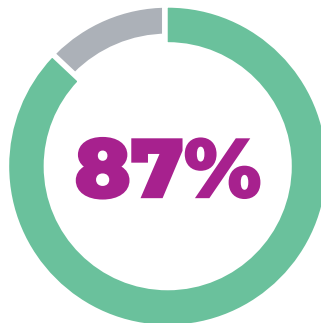
Responsible Drinking

Managing Blood Pressure

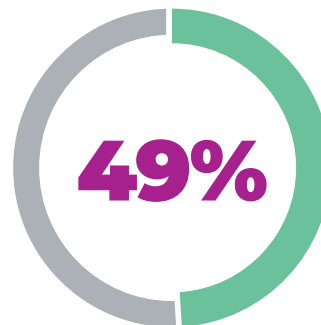
Depression Prevention

Managing Cholesterol

Reducing Debt



**EXPERIENCED
LIFE-CHANGING
BEHAVIOR
BREAKTHROUGHS**



**BEGAN
THRIVING**