

# LIFEOMIC PRECISION WELLNESS

## Quickstart Guide

We designed LifeOmic Precision Wellness to **take less than 5 minutes to setup and invite your employees (Really!)**

You will need just a few quick pieces of information to get started.

- **A list of your employees.** You can add each employee manually but the quickest way is to paste the information into the CSV template in Excel or Google Sheets. At a minimum, you will need their first name, last name and email address. Optionally you can include phone number, title and department.
- **Your company logo.**
- **Your incentives.** Precision Wellness will predict your employee participation based on the different incentives during the onboarding process. If you have existing incentives, or you know your target incentives, enter them below to streamline setup (don't worry, you can change this at any time).
  - Complete a biometrics survey (this survey is issued twice per year) \$\_\_\_\_ / survey
  - Submit a blood test and receive results (recommended twice per year) \$\_\_\_\_ / test
  - Average 2,500 daily LIFE Points for a calendar month \$\_\_\_\_ / month
  - Average 5,000 daily LIFE Points for a calendar month \$\_\_\_\_ / month
  - Average 7,500 daily LIFE Points for a calendar month \$\_\_\_\_ / month

LIFE Points are accrued in the LIFE Extend employee facing app by eating healthy foods, eating at healthy times, being active, practicing mindfulness and sleeping. The lower tiers of LIFE Points accrue for the higher levels on a monthly basis. For example, if your incentives are \$50 for 2,500 LIFE Points and \$100 for 5,000 LIFE Points, an employee who averages above 5,000 LIFE Points would be awarded \$150.

## To get started:

1. Sign-up at <https://precisionwellness.io/>. Your first 100 employees are always free!
2. Create your account using a username, email and password or use Google sign-in if you are using Google for your work email (G Suite / Google Workspace).
3. Click "Setup Your Organization". Enter your Organization's name and a brief Description. This will be used in the app for your employee wellness tile, the portal where your employees can view company information.
4. Upload your company's logo in PNG or JPG format (max size of 2MB)
5. Answer a couple of simple questions of how many employees your organization has (an estimate is fine), how you refer to your employees (e.g. associates, team members, etc.), your organization's legal name (for the consent) and the administrator's email address.
6. Review the employee consent agreement. This is an agreement that we provide that includes the necessary consent language for your employees to participate in your wellness program.
7. Enter your incentives. We have provided a graph that will show the total and estimated cost, benefit and participation rates.
8. Upload your employee list in the CSV template provided in the app or [download here](#). Confirm the import if everything looks okay. Alternatively, you can enter your employees manually.

Your employees will be sent an invite with a link to download the LIFE Extend app (available for Android and iOS) and join your wellness program. If they are already a user of one of the LIFE Apps (millions of people are!) they can use their existing login and application.

If you run into any issues during the setup process, just visit our support center at <https://support.precisionwellness.io> or email [support@precisionwellness.io](mailto:support@precisionwellness.io)