



One Drop Program Overview



Better self-care begins with One Drop

One Drop gives members the tools and expert advice they need to make better decisions about their health and prevent problems before they happen.

With the program, team members will:

- Set health goals to lower their A1C, exercise more, and lose weight
- Use their connected One Drop glucose meter to track health data and monitor progress
- Receive real-time insights and feedback
- Message their personal health coach for advice in between doctor visits








One Drop improves:



TYPE 1 & TYPE 2 DIABETES

All you need is a smartphone to get started

The One Drop program helps members change their health habits for life. Eat better, form new habits, and live happier with:

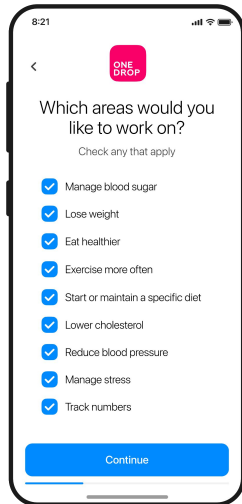
-  Personal health coach
-  Customized health plan
-  Connected glucose meter
-  Health data tracking: blood glucose, blood pressure, weight, activity, and more
-  Unlimited diabetes testing supplies



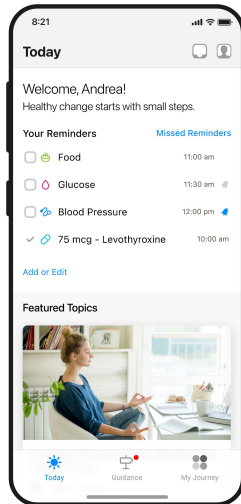
One Drop mobile app member experience

Enabling member engagement, behavior change, and self-care

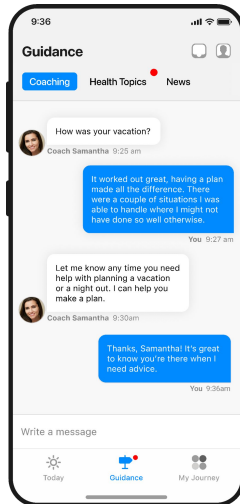
Personalized onboarding



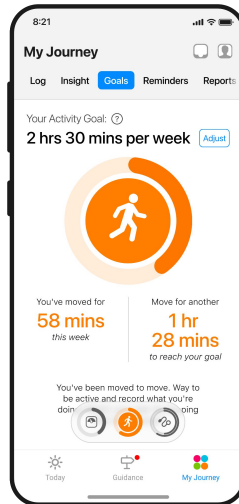
Personalized reminders



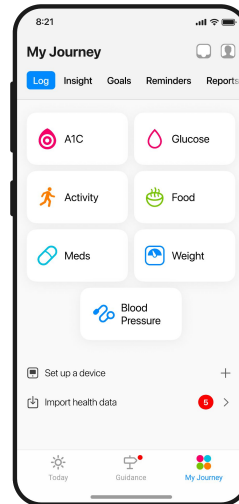
1-on-1 coaching and feedback



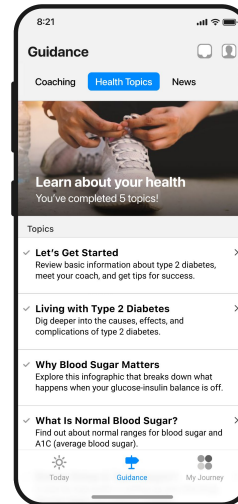
Personal goal setting and tracking



Real-time data tracking



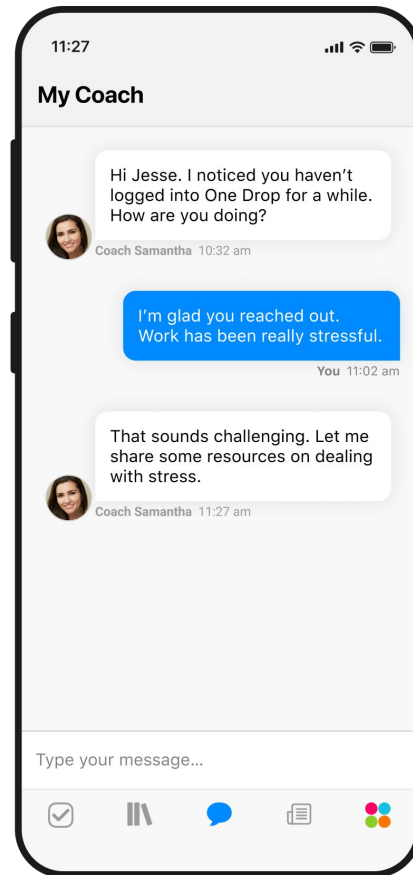
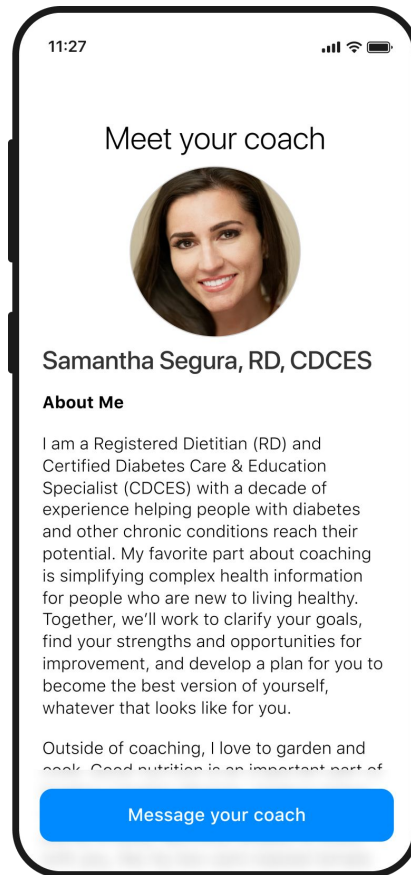
Interactive lessons and news



Connect one-on-one with a health coach

Members have unlimited access to a Certified Health Professional who is trained in behavioral science techniques.

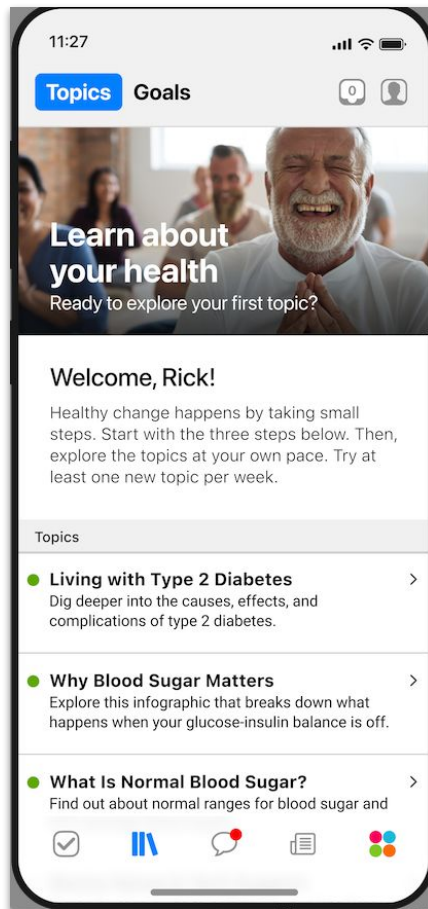
- Coaches help members set, monitor and reach their goals.
- Texting means no scheduling or waiting for an appointment.
- Coaches have access to real-time data, to provide personalized feedback.



Customized health plan

One Drop's personalized learning content and comprehensive plan helps members develop and maintain healthy lifestyle habits.

- Program content tailored to your health goals helps make the healthy choice, the easy choice
- Learn about topics that matter most for improving your health:
- Healthy recipes, meal plans, exercise routines, and more.



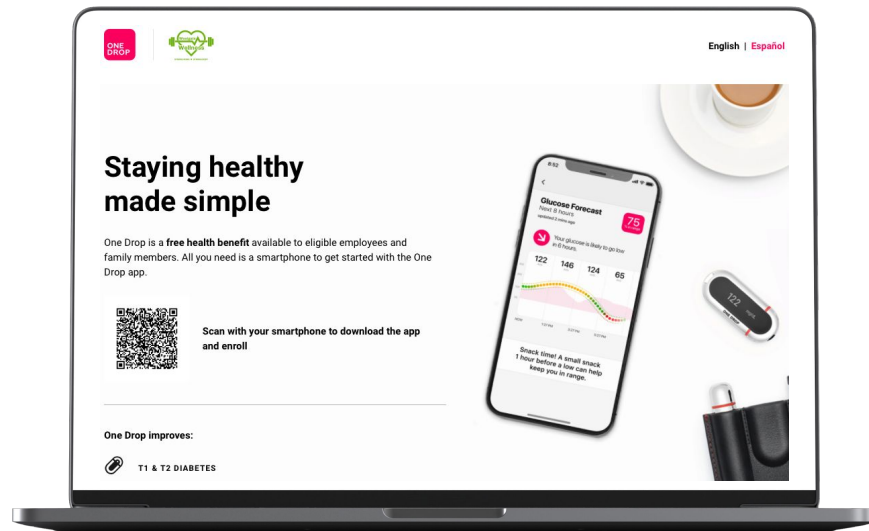
Enrolling in One Drop is easy

Step 1: Visit the landing page and scan the QR code to download the app

Step 2: Answer a few questions in the app

Step 3: Begin your program*

**You do not need your glucose meter to get started with the program. Your free meter will be delivered to your door in 7-10 business days.*



joinonedrop.com/wg-benefits

Orientation Sessions

Need help starting your program?

Set yourself up for success with a program overview and a personalized tour of the One Drop app.

[Schedule an orientation session](#)

Questions? Contact us.

1-800-437-1474 (press 1)

wellness@onedrop.today

Monday-Friday 9:30 a.m.-5:30 p.m. CT



Scan with your smartphone to enroll
or visit joinonedrop.com/wg-benefits



Thank you

