

One platform, many programs

At Shapa Health, our digital tools combine our expertise in behavioral science with health and disease management programs. We want to help individuals lead healthier lives. We fully understand that quick fixes do not deliver lasting results. Our programs engage with your employees on a daily basis, serving as a reminder, feedback tool, and motivator for daily actions that have positive benefits for their long-term health goals.



FEATURES + BENEFITS

Revolutionary virtual care & behavior change platform

Engagement powered by Shapa Al **Patented** feedback model Technology & connected devices Configurable solutions to deliver digital health

SUBSCRIPTIONS

Easily and confidently monitor your blood pressure at home with the wireless Shapa blood pressure monitor that pairs easily with the Shapa BP app. Take advantage of Shapa's numberless approach if just the thought of checking your blood pressure has your heart starting to race and discover a truer picture of your blood pressure trends. Easily access data to track trends and discover how changes in weight or activity impact your blood pressure.

Earn engagement rewards for checking your blood pressure with Shapa blood pressure cuff (virtual holter) a minimum of three days per week

Earn milestone rewards for checking your blood pressure with Shapa blood pressure cuff (virtual holter) scale a minimum of three days per week for 4-consecutive weeks



3-MONTH BLOOD PRESSURE PROGRAM SUBSCRIPTION



6-MONTH HEALTH **PROGRAM SUBSCRIPTION** WITH SCALE

The Shapa Health program is perfect for tracking and improving your cardiovascular health by pairing our Shapa numberless scale and wireless blood pressure monitor with a personalized digital program. In your program you set weight management goals and monitor blood pressure trends and focusing on improving heart health. Receive daily personalized missions focused on building healthy habits for stress management, sleep, diet, exercise and more.

- Earn engagement rewards for checking your blood pressure with Shapa blood pressure cuff (virtual holter) and completing a weigh-in through the Shapa app with the numberless scale a minimum of four days per week
- Earn milestone rewards for checking your blood pressure with Shapa blood pressure cuff (virtual holter) and completing a weigh-in through the Shapa app with the numberless scale a minimum of 18 days per month

Already have the Shapa numberless scale? Great! Selecting the Subscription only allows you to unlock your Shapa program and use our patented color feedback to track progress towards your weight loss goals. Losing weight and keeping it off is hard. Shapa's weight loss program focuses on the daily behaviors that will help you reach your weight goals, and stay there, through daily missions and feedback that is customized to you.

Earn engagement rewards for completing a weigh-in through the Shapa app with the numberless scale a minimum of four days per week

Earn milestone rewards for completing aweigh-in through the Shapa app with the numberless scale a minimum of 20 days per month



12-MONTH WEIGHT MANAGEMENT PROGRAM SUBSCRIPTION (SUBSCRIPTION ONLY)



12-MONTH WEIGHT **MANAGEMENT PROGRAM** SUBSCRIPTION WITH SCALE

Shapa is a weight loss program that is your gateway to losing weight and keeping it off. Built by behavioral scientists who understand weight loss is hard, Shapa provides virtual coaching and a progress tracker through our patented color feedback - no more letting the number on the scale define your mood for the day. Get personalized daily missions that fit easily fit into your daily life and help you reach your weight goals.

- Earn engagement rewards for completing a weigh-in through the Shapa app with the numberless scale a minimum of four days per week
- Earn milestone rewards for completing a weigh-in through the Shapa app with the numberless scale a minimum of 20 days per month