



CORPORATE SOCIAL RESPONSIBILITY

2018 Annual Report

tivity
HEALTH

MESSAGE FROM THE CEO

"The purpose of life is to contribute in some way to making things better."

- Robert F. Kennedy

While we have long been an organization focused on giving back, this is the first year we are reporting on corporate social responsibility for Tivity Health®, and so it is with heartfelt gratitude that I take a moment to recognize the work of our colleagues and partnering organizations who together made things better in 2018.

At our core level, Tivity Health's goal is to make life easier for individuals, at all stages of life. Whether that is through providing access to affordable fitness and social engagement programs and nutritious foods, addressing the social isolation and loneliness crisis, or pushing up our sleeves to rebuild homes in weather-ravaged parts of our nation. We've also been able to make a difference outside of America through our partnership with Health eVillages.

The mission of Health eVillages is to expand access to the highest quality health care using tools and resources readily available in the United States.

We made things better in 2018 and 2019 is full of promise. As we do more for the world in 2019, let's remember what is important to us – health and humanity, and being compassionate to others and ourselves.

Make it a great year,



Donato Tramuto

Chief Executive Officer, Tivity Health
President and Founder, Health eVillages



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PARTNERING FOR A HEALTHIER WORLD ONE COMMUNITY AT A TIME.

OUR PRIORITIES



Purpose

We believe in bringing together colleagues, partners, and stakeholders and empowering them to be the best possible citizens. Doing so will help more people live their best lives, no matter their age or stage of life.



Values

- Empowerment with Results
- Excellence
- Provocative
- Workplace Dignity and Inclusion
- Customer-Focused



Mission

We catalyze company, colleague and partner resources to empower adults and **enable healthy aging** while optimizing business and social value.



Vision

To set the standard of strategy-driven corporate social responsibility programs that unite sectors, transform the aging experience, **reverse loneliness and social isolation**, and inspire the next generation.



Value Proposition

1. Dedication to **empowering adults to live their best lives**; our work in the community is built on our learned expertise and passionate colleagues.
2. Commitment to contributing to the greater good, offering our communities **skills and resources** no one else can.
3. Sharing resources of a for-profit entity and the heart of a **philanthropic organization**, such as: extensive expertise, proven partnerships and the energy of our colleagues.

We seek ways to advance vitality and health at home and in our global community, both through our brands and the partnerships we pursue.

Through our partnership with **Health eVillages**, we are collaborating to provide technology-enabled solutions, improving health outcomes in communities around the world.





COLLEAGUE ACTIVISM



Our colleagues are passionate about giving back to their communities. Tivity Health® provides a Corporate Service Day of 8 hours for every colleague to volunteer with a charitable organization of their choice. In addition to this, many groups of colleagues volunteer with our campus partners and individually through the year. Here is the impact we made in 2018:

Totals

8,000 | Colleague volunteer hours (2018 total)

1,411 | Unique entries

237 | Unique colleagues reported hours

254 | Organizations represented

Prints of Hope/Puerto Rico colleague trips

- **\$50,000** | Financial contribution through Hurricane Relief Fund
- **24** | Tivity Health donated PTO hours and all on-ground expenses for colleagues
- **34** | April 5-8: colleagues attended
- **8** | July 12-16: colleagues attended

Volunteer Spotlight

Each year the colleague who has recorded the most hours volunteered is awarded with a donation on their behalf to the charity of their choice. This year's award was given to Sheri Banks.

- **525** | Sheri Banks: hours volunteered



CORPORATE SPONSORSHIPS

Tivity Health contributes to many organizations to support programs and services that align with our mission and values.



Health eVillages®



advocacy | action | answers on aging



PRINTS OF HOPE
INTERNATIONAL



American Heart Association®
Heart Walk®



CORPORATE EVENTS

Holiday Shopping

Our colleagues forgo a traditional holiday party and instead, volunteer their time to shop for and serve those in need.

- Franklin – Youth Villages and McNeilly Center
- Chandler – Home Instead and Boys & Girls Club
- Ashburn – Northern VA Family Services
- Remote colleagues – Charities in various communities
- Tivity Health Campus – Angel Tree sponsored by colleagues

Thanksgiving

Colleagues worked together to collect canned goods/non-perishable food items for local food banks, then sorted and delivered donations.

We also donated 10,249 pounds of food saved from local grocery retailers and distributed them to seniors in rural middle Tennessee.

Colleagues donated time to each of these food banks to collect and sort food:

- Franklin – Second Harvest Food Bank
- Chandler – Foundations for Senior Living
- Ashburn – Loudoun Volunteer Caregivers





CAMPUS PARTNERS

Each campus has a dedicated organization that's aligned with our core values. Here is a recap of how we contributed time and funds to these inspirational organizations in 2018.

Health eVillages

Founded in 2011, Health eVillages aims to address the fact that within our lifetimes, one billion people will go to their graves without ever having access to health care workers, medication, clean water or affordable health facilities. Health eVillages collaborates to advance health care access and improve the quality of care by providing state-of-the-art mobile health technology including medical reference and clinical decision support tools, as well as other community-focused resources, to medical and public health professionals in the most challenging clinical environments around the world.

Tivity Health is a key supporter of Health eVillages, contributing \$300,000 to help the following programs:



Mercy Community Healthcare

FRANKLIN, TN

Provides complete primary health care as a federally-qualified health center to patients of all ages, regardless of ability to pay.



Foundation for Senior Living

CHANDLER, AZ

Provides home- and community-based services and develops energy-efficient, affordable housing to promote health and independence and dignity for all.



Loudoun Volunteer Caregivers

ASHBURN, VA

Provides a community of volunteers to help older adults and those with disabilities to maintain independence and quality of life.



DONATIONS

COLLEAGUE CONTRIBUTIONS

Highlights from our colleague-driven donations and contributions:

Amerigroup Fan Drive: provided box fans to seniors with no air conditioning/fans in South Texas.

Hand to Hand Food Pantry (Project I Care): donated snack bags to low income disabled seniors in Milton, NY.

Chair Drive: provided chairs to a church for SilverSneakers FLEX® class in Kentucky (pictured on the right).

Tennis Sponsorship: sponsored tennis tournament benefiting disabled veterans in Atlanta, GA.

Citymeals on Wheels: provided donations to Citymeals on Wheels, an organization that helps homebound adults in NYC.

Catalyst Fund: provided donations to Catalyst Fund, a foundation through Blue Cross Blue Shield that funds over 30 grants throughout Massachusetts.

Lwala Community Alliance: funds raised; also collected books, games, DVDs for after-school program for girls.

Colin O'Brady Foundation: colleagues contributed to Health eVillages and the Colin O'Brady Foundation, Beyond 7/2.



A man with glasses, wearing a dark suit, light blue shirt, and a patterned tie, is speaking at a podium. A green bottle is on the podium. The background is a blurred red wall with white text. The text on the wall includes "2018 Connectivity Summit" and "on Rural Aging".

RURAL AGING

Addressing loneliness and social isolation

Rural Aging

In 2017, Tivity Health created a movement to transform rural aging in America by addressing social isolation, infrastructure, nutrition, health care and community. Through this effort we have made an impact in the lives of vulnerable older adults in several ways.

SilverSneakers FLEX pilot – Supported work of National Association of Area Agencies on Aging (n4a)

Valley Area Agency on Aging (VAAA) (Flint, MI)

- VAAA and Tivity Health partnered to introduce the Flint area to SilverSneakers® by offering FLEX classes at select senior centers.
- The goal was to engage SilverSneakers participants in wellness programs, such as: Matter of Balance, Arthritis Exercise and the SilverSneakers Stability Program, to increase health outcomes and decrease social isolation, as a direct result of the water crisis in Flint, MI.

National Association of Area Agencies on Aging (n4a) - Provided scholarships to 15 AAA Directors from rural areas to attend the national conference last year.

Tivity Health and Health eVillages Hurricane relief fund - Donated funds to support hurricane relief in Texas and the Carolinas.





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