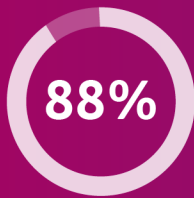


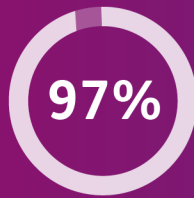


Wel at Humana offers state-of-the-art fitness equipment in a modern, open environment to keep your employees motivated and engaged. At Wel at Humana, you can advance your well-being, connect with others and reach your fitness goals, all while feeling free to be yourself.

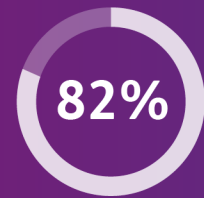
PREPARING YOUR TEAM FOR MOMENTS THAT MATTER



OF EMPLOYEES REPORTED EXPERIENCING A DECREASE IN FEELINGS ASSOCIATED WITH BURNOUT.



OF EMPLOYEES INDICATED THEIR WELL-BEING IMPROVED AS A RESULT OF EXOS' CORPORATE WELLNESS OFFERINGS.



OF EMPLOYEES SAID THEY FELT A REIGNITED SENSE OF PURPOSE IN WORK AND LIFE DUE TO CORPORATE WELLNESS OFFERINGS.

SERVICES & AMENITIES

- ▶ Exos-managed and certified coaches
- ▶ Fully-appointed locker rooms and towel service
- ▶ Spacious fitness facilities
- ▶ Group exercise classes
- ▶ Yoga, meditation spaces and Somadome sensory experience
- ▶ Sauna and steam room
- ▶ Personal training sessions *(fee for service)*
- ▶ Community fitness events
- ▶ Pre-/post-workout fueling options

OUR VALUED PARTNERS



BROWN-FORMAN



LOUISVILLE BAR ASSOCIATION



KENTUCKY PERFORMING ARTS



MAIN STREET REALTY

LET'S CONNECT

Learn more about our corporate partner memberships by visiting welathumana.com/membership or contacting wel@humana.com.



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