

For every dimension of your life

WELLNESS AT 3DS HEALTH



What are your wellness goals? From maintaining healthy habits to tackling a serious health challenge, you can better achieve them with expert support and guidance.

We are excited to announce that starting, March 1st, all US benefits-eligible employees have access to the confidential services of **Vida Health** and **Zipongo**, at no cost to you.

Vida Health offers **one-on-one health coaching** and **personalized programs** through an easy-to-use mobile app. They can help with a wide range of goals, including:

- Increasing well-being
- Losing weight
- Handling stress
- Managing health conditions
- Improving sleep
- Learning mindfulness and resiliency

To get started, download the secure Vida Health app and sign up using the invite code: **VIDA3DS**. Earn 100 Vitality Points — and for a limited time, a chance to win a \$100 gift card* — when you enroll with Vida Health. To learn more, visit vida.com/3ds.

Zipongo offers a digital nutrition platform which includes nutrition coaching, meal planning, and other tools that make it easier to select, purchase and prepare healthy foods people love. Key features include:

- Personalized meal plans based on dietary, lifestyle, and biometric data
- Quick recipes based on what's already in your kitchen
- Real-time access to healthy grocery deals and instant delivery
- Ability to order healthy meal kits and prepared meals
- Restaurant menu guidance, delivery and takeout ordering from app

To get started, download the secure Zipongo app or register at <https://powerofvitality.zipongo.com/>

Earn 50 Vitality Points — and for a limited time, a chance to win a \$100 gift card** — when you start with Zipongo.

Privacy

Vida Health, Zipongo and Dassault Systèmes take your personal health information very seriously. All personal information you share through Vida Health's or Zipongo's HIPAA compliant app is confidential and is securely stored on encrypted databases. Vida Health or Zipongo will not share your individual participation, results, or any personally identifiable health information with Dassault Systèmes.

*Dassault Systèmes is doing a raffle of 3 gift cards of \$100 for all US employees who will sign-up with Vida. To enter the raffle for the \$100 gift card, sign up for a Vida Health account and complete the first consultation with your coach by May 31st, 2019. The gift card will only be valid through the online Vitality mall.

** Dassault Systèmes is doing a raffle of 3 gift cards of \$100 for all US employees who will sign-up with Zipongo by March 29th, 2019. The gift card will only be valid through the online Vitality mall.