

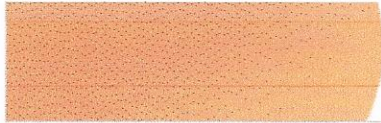
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Doo Provides Renewed Health to Insurance Professionals

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Doo

Provides Renewed Health to Insurance Professionals

New Wellness Program Creates Healthier Atmosphere and Reduces Stress

TORONTO, ON--(Marketwired - Feb 2, 2015) - myHealthSphere's work wellness program, Doo, is ideally suited for the insurance industry and its millions of professionals throughout North America. Since its launch in 2014, Doo has been changing employee health at the office, especially with insurance brokerage firms where many employees tend to sit for long periods of time. Studies have found that excessive hours sitting at your desk can lead to a lack of physical activity, stress, overall burnout for employees and unhealthy behaviors. Doo aims to avoid this in the insurance industry.

A new partner with myHealthSphere is insurance brokerage firm, Morrow, Crossdale & Associates, Inc. whose Partner, Paul Crossdale, had this to say, "The Doo program is effective because it delivers great value and immediate results for minimal effort."

With high workloads, regular activity and healthy eating may not seem like an option for insurance professionals, and stress tends to be a large part of their day. Doo aims to change the mentalities and habits of these employees, showing them that adding small amounts of quick activity and health to their day can be achieved easily while they're still on the clock.

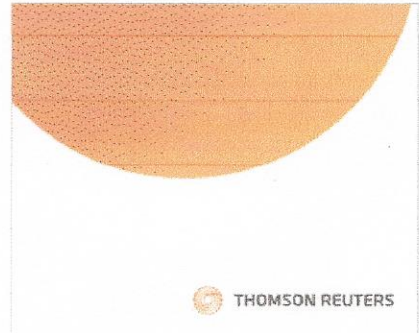
Doo is seeing widespread results as it continues building its user base within the insurance industry. Over 99% of current Doo program users have reported that they are seeing improved energy levels and experiencing decreased levels of stress. myHealthSphere is currently working to distribute the Doo program through experienced insurance professionals.

"Insurance brokerage firms want to offer clients and employees the best program with the best results," said Crossdale. "myHealthSphere's approach to corporate wellness is quite forward-thinking and is one that matches our own employee health goals. Doo is just the natural solution."

The team at myHealthSphere aims to improve the work-life balance and make healthy living omnipresent for today's insurance professionals. The company plans to implement phase two of its program for all clients later this year. This second phase will allow each user to experiment with their daily habits to improve their happiness and productivity. Employers

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