

FOR IMMEDIATE RELEASE

## **EX-TIVITY HEALTH EXECUTIVE JOINS ELEMENT3 HEALTH BOARD OF DIRECTORS**

*Ulya Khan, ex-COO of Tivity Health (TVTY), joins board of disruptive aging-focused healthcare company Element3 Health*

DENVER, CO., February 13, 2019 – [Element3 Health](#), today announced the appointment of Ulya Khan to its board of directors. Mrs. Khan has extensive operating and leadership experience in the aging segment of healthcare, having recently been the COO of Tivity Health. Element3 Health's innovative model for getting seniors active, mentally, physically, and socially, is disrupting the healthcare industry by being one of the first viable and scalable solutions for social isolation and loneliness for seniors.

"Ulya brings a unique and deep set of expertise that will add a very important dynamic to our board and our team at Element3 Health", said Mr. Norris. "We have a shared passion for doing well while doing good and I am so excited to have the opportunity to work with her."

"My experience working in the aging/senior space at Tivity Health/Silver Sneakers is very relevant to what Element3 Health is doing", says Mrs. Khan. "The industry has recognized the importance of providing a solution that addresses not only the issue of reduced physical activity but also the epidemic of social isolation and loneliness within the older adult population. I am excited to be joining Element3 Health's board to attack this problem, in a smart and elegant way."

Mrs. Khan is a dynamic force for innovation in the field of Aging, with her finger on the pulse of the latest developments across the many facets within this field. She has a true understanding of factors that drive health behavior change in seniors. Mrs. Khan is presently the President at Wemanage LLC, investing in start-ups, advising corporations and developing disruptive aging solutions. Mrs. Khan has held many senior leadership roles, most recently as Chief Operating & Product Officer at Tivity Health.

### **About Element3 Health**

Element3 Health is a network that engages 50-plus adults around their passions to increase their physical, social and mental activity for healthy aging. The company combines the three most powerful elements of health into one cohesive solution in order to tackle the \$75 billion of unnecessary healthcare spending associated with social, mental and physical decline among seniors. The company's GroupWorks engagement platform is growing quickly, onboarding 1.5 million members, 15,000 groups and across 120+ passions. Using an activity scoring engine, Element3 Health can calculate individual ActivityBenefit™ scores and use their proprietary GroupMatch™ matching engine to help optimize members' health across social, mental and physical metrics. <https://element3health.com>

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