Welcome to
Fitmate
Brought to you by
"FITNESS", the buzz word of 21 Century
Physical fitness is considered a measure of the body’s ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo-kinetic diseases, and to face all challenges.

Today’s ever growing competition literally dictates the term "survival of the smartest and the fittest" so, being unfit is not an option.

"A healthy and fit workforce = A successful enterprise"
Road to wellness with FITMATE
01. Broad outreach and clear messaging from Organization’s leaders

By maximizing outreach and clear messaging from the organization's leaders and wellness gurus in the form of corporate communication involving Seminars/ Workshops, Newsletters, Posters, Digital Banners & Standees

02. Making wellness activities convenient and accessible for all employees

By making wellness activities convenient, fun and accessible for all employees through a dedicated wellness portal
03. Making wellness an organizational priority amongst the work force

By building wellness into the core of the organization by introducing GOQii fitness bands and the health mentorship program

04. Leveraging existing resources to expand offerings at little to no cost

By leveraging customized health check-ups from MyHealthMeter to identify health problems in the bud
By approaching wellness with a continuous quality improvement attitude, and solicit feedback from employees to improve programs in the form of Health Surveys and Organizational HRA
**PROS**

*Implementing FITMATE*

- **1.** Packaged solution optimizes subscription costs by creating an optimal subscription mix.
- **2.** Single vendor approach lowers cost of operations.

**CONS**

*Multi vendor approach*

- **1.** Integrated services ensures information flows seamlessly across platforms.
- **2.** Consolidated reports and HRA matrix clearly define the return on investment.

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Vendors often work in silos, which can result in overlapping or duplicated work.

Integrated and tested platform involving GOQii, MyHealthMeter and FitmateNet (Intranet Portal) reduces duplication of tasks and features.

Higher project management costs when you work with multiple vendors.

Difficult to set metrics to measure the performance of each vendor.
SO WHY SHOULD YOU IMPLEMENT FITMATE

- Employee Loyalty
- Employee engagement
- Healthy Workforce
- Enhanced productivity and performance
- Health problem Identification and HRA (Health Risk Analysis)