## Welcome to Fitmate

Brought to you by









FITNESS FIRST

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#### "FITNESS", the buzz word of 21 Century

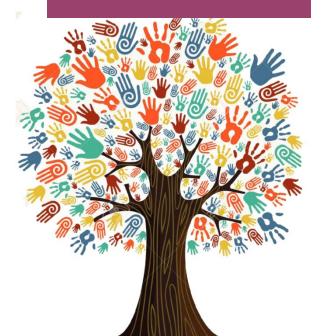
Physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo-kinetic diseases, and to face all challenges.

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





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



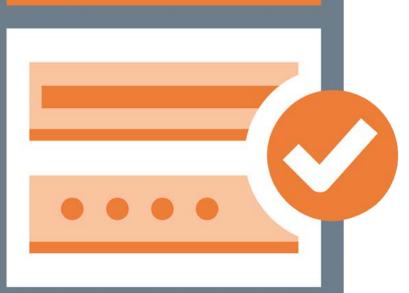


03. Making wellness an organizational priority amongst the work force By building wellness into the core of the organization by introducing GOQii fitness bands and the health mentorship program

By leveraging customized health check-ups from **MyHealthMeter** to identify health problems in the bud 04. Leveraging existing resources to expand offerings at little to no cost

# 05. A QUALITATIVE approach with clearly defined ROI

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





FITMATE: The Complete Employee Wellness Program Under A Single Roof.



PROS (Implementing FITMATE)

VS

**CONS** (Multi vendor approach) Vendors often work in silos, which can result in overlapping or duplicated work

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Higher project management costs when you work with multiple vendors Integrated and tested platform involving GOQii, MyHealthMeter and FitmateNet (Intranet Portal) reduces duplication of tasks and features

1. Packaged solution optimizes subscription costs by creating an optimal subscription mix.

2. Single vendor approach lowers cost of operations.

Difficult to set metrics to measure the performance of each vendor

1. Integrated services ensures information flows seamless across platforms

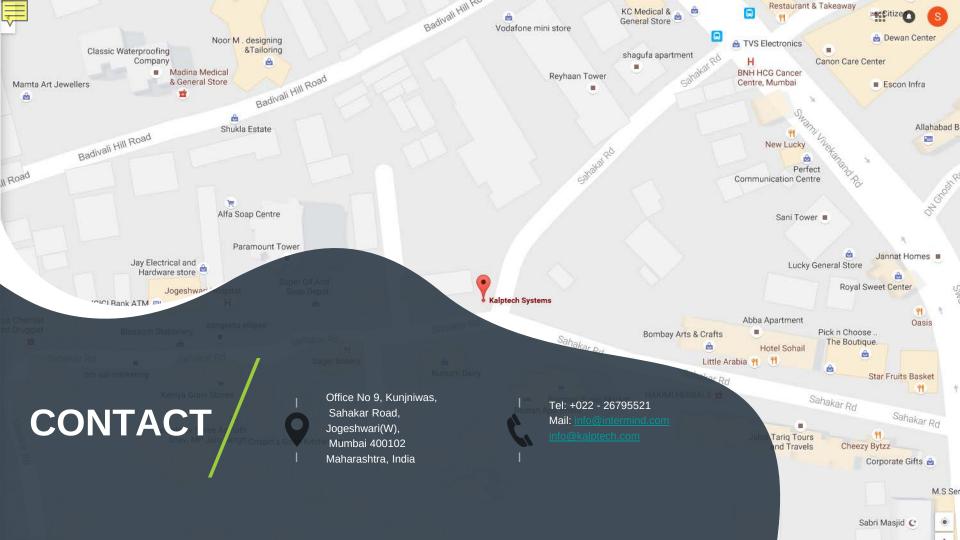
2. Consolidated reports and HRA matrix clearly define the return on investment.

### SO WHY SHOULD YOU IMPLEMENT FITMATE

 Employee Loyalty

 Employee engagement  Healthy Workforce

 Enhanced productivity and performance  Health problem Identification and HRA (Health Risk Analysis)





# Thank you