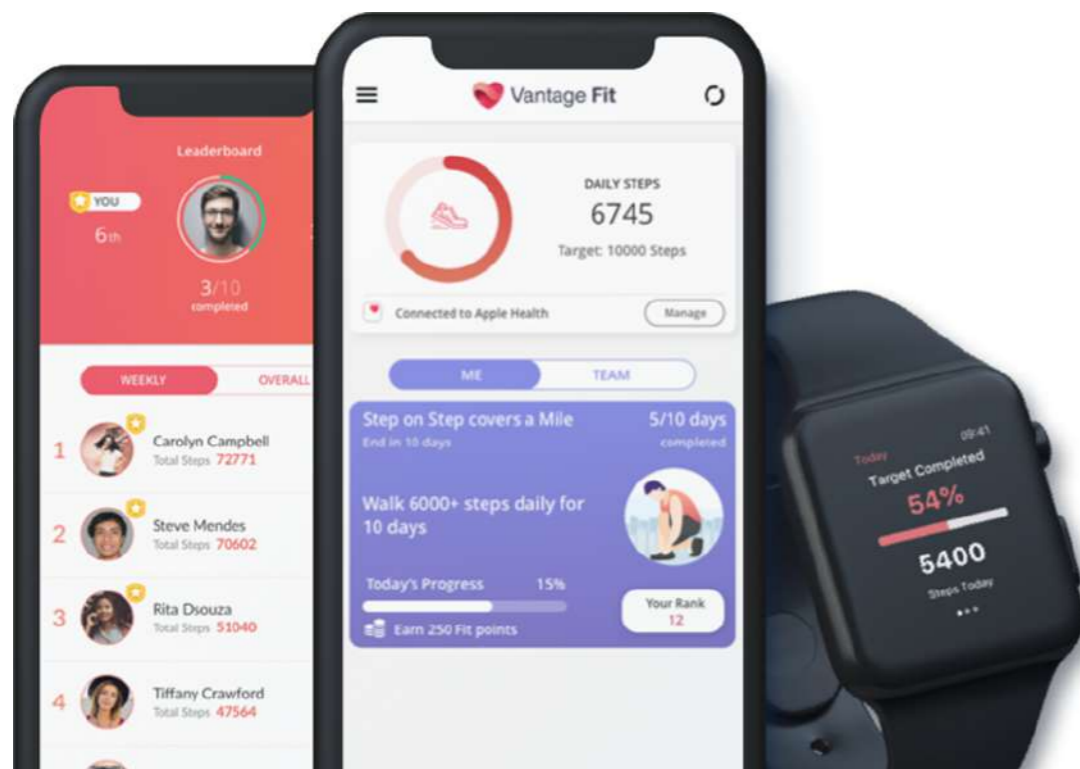




Vantage Fit Implementation Guide



v1.1

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Welcome to Vantage Fit!

We're delighted that you've decided to embark on a journey of holistic corporate wellness.

At Vantage Fit, we believe that employee wellness is not just a short-term strategy but a long-term process of overall wellbeing. We believe that wellness needs to be rooted deep down into a company's beliefs, objectives, and every member should be involved in the process.

That is why we decided to create this extensive guide to help you make a fun and successful wellness journey in your organization with the right strategies and resources.





Planning Process

As a Wellness Administrator, you will be creating a wellness campaign and track performances from the admin dashboard. You can allocate a budget for incentives and recognize your employees based on their engagement levels.

Why Wellness At Your Organization?

Employee health and wellness is no more a desired requirement but has become imperative in an organization. In order to achieve them, the organization's leadership must be aligned with this idea and Vantage Fit tries to simplify this whole journey.

Vantage Fit is the perfect corporate wellness application that addresses more than just health.

- Custom made and user-friendly, designed to apt the modern-day corporate culture.
- Emphasizes gamified engagement through various in-app campaigns and challenges.
- Deals with sedentary habits through various forms of healthy habit creation.
- Saves time and money across various tangible resources.
- Helps recognize and incentivize employees who complete their wellness goals.

Management Buy-in

At Vantage Fit, we believe participation from the top management will inspire your employees to move and stay active. So once you're successfully onboard, we help you manage and track your programs effectively with our highly advanced admin dashboard.

Here are some ways how Vantage Fit gains participation from the leadership involved

- The admin dashboard enables uninterrupted creation and modification of the wellness program.
- Clear insights on engagement levels, transparent budget allocation, and incentivization.
- Customize the in-house health campaigns irrespective of geographical location.
- Create group-based health challenges with the help of customizable preloaded themes.

Budget Management

Allocating a budget for your wellness program is an integral part of the planning process. You can choose how much you want to spend depending on your company's budget.

For example, if you choose to spend \$1000 monthly* on a contest, you can either design your contest to reward all participants or just the winners.

* You have to buy the budget beforehand from us and allocate it as Vantage Points.



Expect Quality, Not Quantity

When planning your wellness campaign, aim to increase the number of daily active users instead of the total number of monthly participants. Doing so will help you measure the effectiveness and success of your wellness campaigns.



Wellness Champions

Identify your most active employees and appoint them as wellness champions to inspire the rest of your workforce. Having group leaders to inspire and motivate your employees is a great way to increase engagement and participation in your wellness campaigns.





Year-Long Planning

Wellness shouldn't just be on top of your mind for a month or two. Wellness is a state of being, and you should prioritize it all year round to reap the maximum benefits.

What does the Yearly Program look like?

Wellness shouldn't just be on top of your mind for a month or two. Wellness is a state of being, and you should prioritise it all year round to reap the maximum benefits. However, running the same wellness challenges, time and time again will drain out your employees.

With Vantage Fit, you will be able to run unique wellness challenges all year round, emphasising different aspects of your employees' health.

January challenge

Day 2

Yoga Week



March challenge

Day 2

Breakfast of the champs



May challenge

Day 2

Heart Week



July challenge

Day 2

Cover the Distance



October challenge

Day 2

Walkathon



Basic Wellness Campaigns

Vantage Fit supports 4 types of campaigns which can be categorised into two categories, Basic and Advanced. The basic campaigns are:



Race Contest

In this campaign, users who have the highest score in the contest's leaderboard are rewarded with points. For ex, In a "walk the most" campaign, whoever has the maximum number of steps is the winner.



Weekly Steps Challenge

A weekly steps challenge can have varying levels of difficulty powering the users through a progressive load strategy. The starting level is the easiest, and the final level is the hardest, just like a training program.

Advanced Wellness Campaigns

The advanced campaigns which can either revolve around single or multiple aspects of health are :

M T W

T F S

Steps consistency challenge

This challenge can run for a specified number of weeks with a consistent daily steps target. You also get to decide how many days you want users to achieve the target in the said challenge duration.

12

12-week health Campaign

A 12-week campaign targets various aspects of your employees' health for overall wellbeing. Every week there will be a new challenge with one or multiple tasks with different targets and rewards.

Types of Contests You can Run

With amazing features like a step-count tracker, calorie tracker, 7-minute workout, activity logging, and more, you have the option to choose from a wide variety of contests to spice things up constantly.



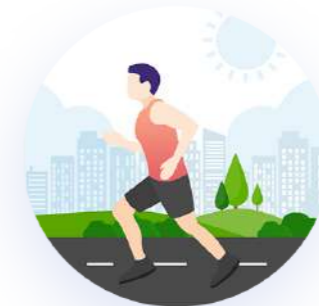
WALKATHON

Users will have to walk a set number of steps daily for a specified number of days.



NUTRITIONAL

Users will have to eat a specified amount of calories or macronutrients for a set number of days.



DISTANCE-BASED

Users will have to cover a specified distance by cycling, walking, or running.

Sample Year-Long Plan

MONTH 1

Stepping Stones To Wellness

Set an easy step-count goal to be completed over a period of 4 weeks.

MONTH 2

Everyone for Themselves

Run a walkathon for one week and put up rewards for the top 10 contestants on the leaderboard.

MONTH 3

No Contest Month

Encourage your employees to use the features of the app and share their activities on the social feed.

MONTH 4

Upping the Ante

Run a 3-level contest for 3 weeks with each level having a higher target than the one before.



Sample Year-Long Plan

MONTH 5

No Contest Month

MONTH 6

12-Week Campaign
Weeks 1 to 4
Nutrition

Begin a 12-week campaign and start the first 4 weeks by focusing on different nutritional challenges each week.

MONTH 7

12-Week Campaign
Weeks 5 to 8
Strength Training

Transition to a Strength training contest and set different workout targets for each week.

MONTH 8

12-Week Campaign
Weeks 9 to 12
Healthy Heart

Create cardio challenges like cycling and running contests with increasing difficulty every week.

Sample Year-Long Plan

MONTH 9

No Contest Month

MONTH 10

Unity is Strength

Run a team walkathon contest for 4 weeks and set an achievable target in a duration of 4 weeks.

MONTH 11

All For a Cause

Run a charity contest with a set target per each employee for 4 weeks. Donate to a charitable cause if the target is met.

MONTH 12

Final Race to the Top

Run a walkathon for 4 weeks with rewards for the top 20 contestants in the leaderboard.



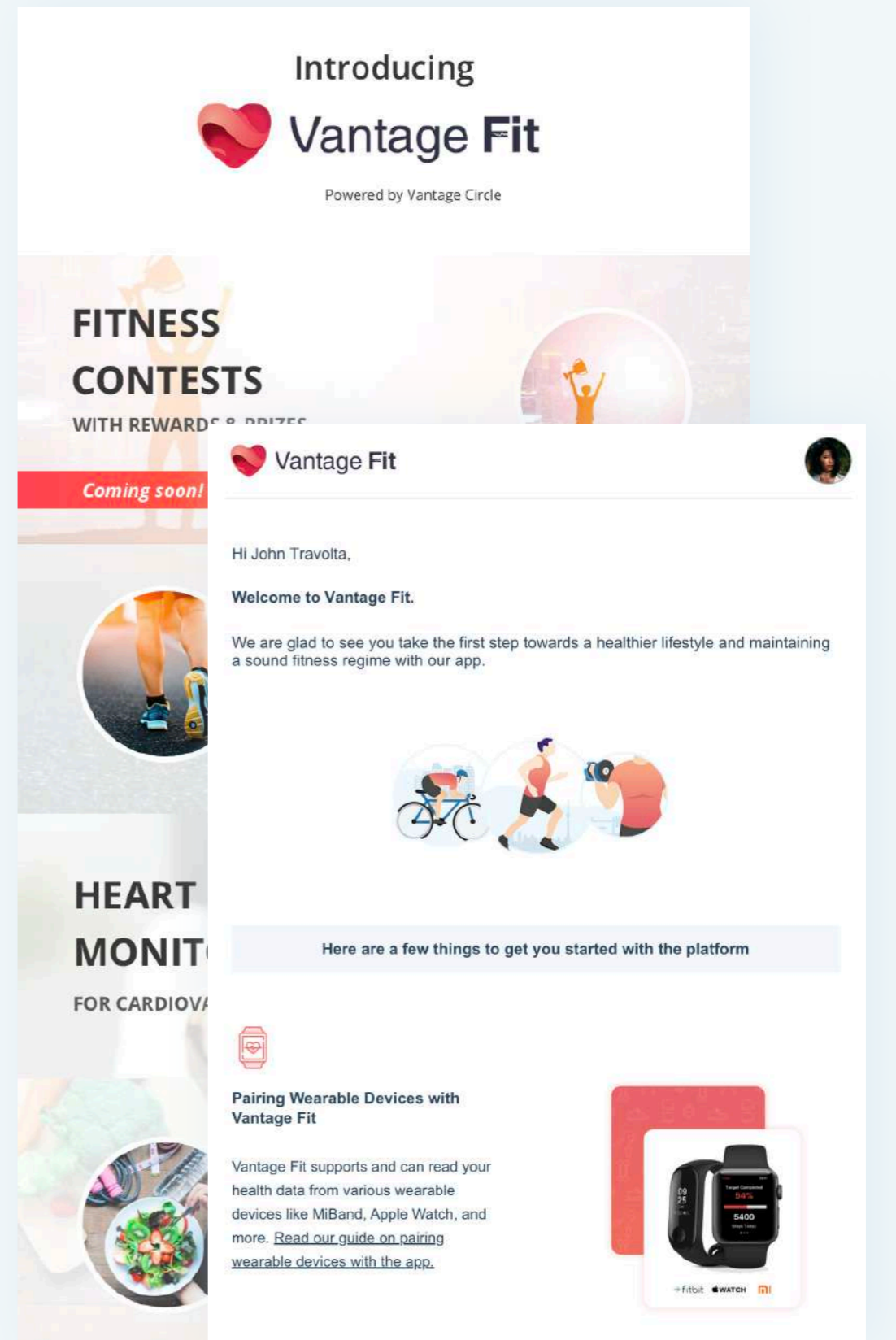


Promotions & Communications

Promoting your wellness program among your employees is essential to maximise participation. Communicating important information is also a key component of any successful program.

Emails

Email content that makes it easy for users to keep up to date with everything from the beginning and end dates of a contest to important information like how to sign up and so on.



Posters and Handouts

Visually appealing posters and handout templates that you can print out, distribute, or stick on your office walls to motivate people and maximise participation.



The poster features the Vantage Fit logo at the top left, consisting of a red heart icon and the text 'Vantage Fit'. Below the logo, a teal rectangular box contains the text 'VANTAGE FIT' in white, '2021' in large white font, '#VFitWeFit' in white, and 'Powered by Vantage Circle' in smaller white text. Below the teal box is a red background with a white outline illustration of four runners in various colors (green, yellow, blue, red) running towards the right. Below the runners, the text 'Starts from Monday, 4th Jan 2021' is displayed. At the bottom, three circular icons are arranged horizontally: the first contains '12' with 'Weeks' below it; the second contains 'Upto 1200' with 'Vantage Points' below it; the third contains '40+' with 'Challenges' below it. A teal banner at the very bottom of the poster contains the text 'Download Vantage Fit app today!' in white.

Vantage Fit

VANTAGE FIT
2021
#VFitWeFit
Powered by Vantage Circle

Starts from **Monday, 4th Jan 2021**

12
Weeks

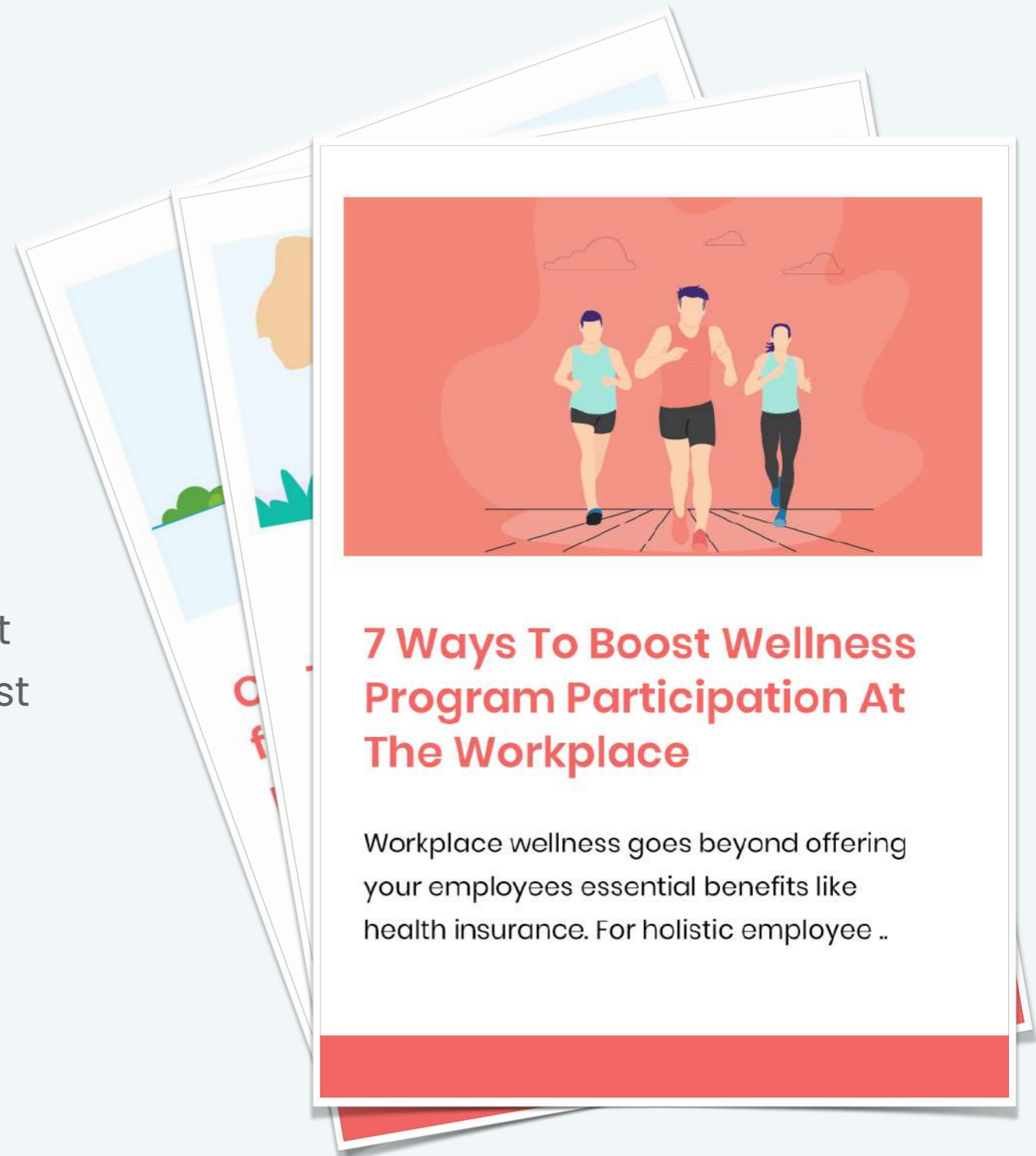
Upto **1200**
Vantage Points

40+
Challenges

Download Vantage Fit app today!

Wellness Articles

We have a comprehensive blog on corporate health and wellness to help users learn how to lead a healthy life at work and keep up to date with the latest wellness trends.



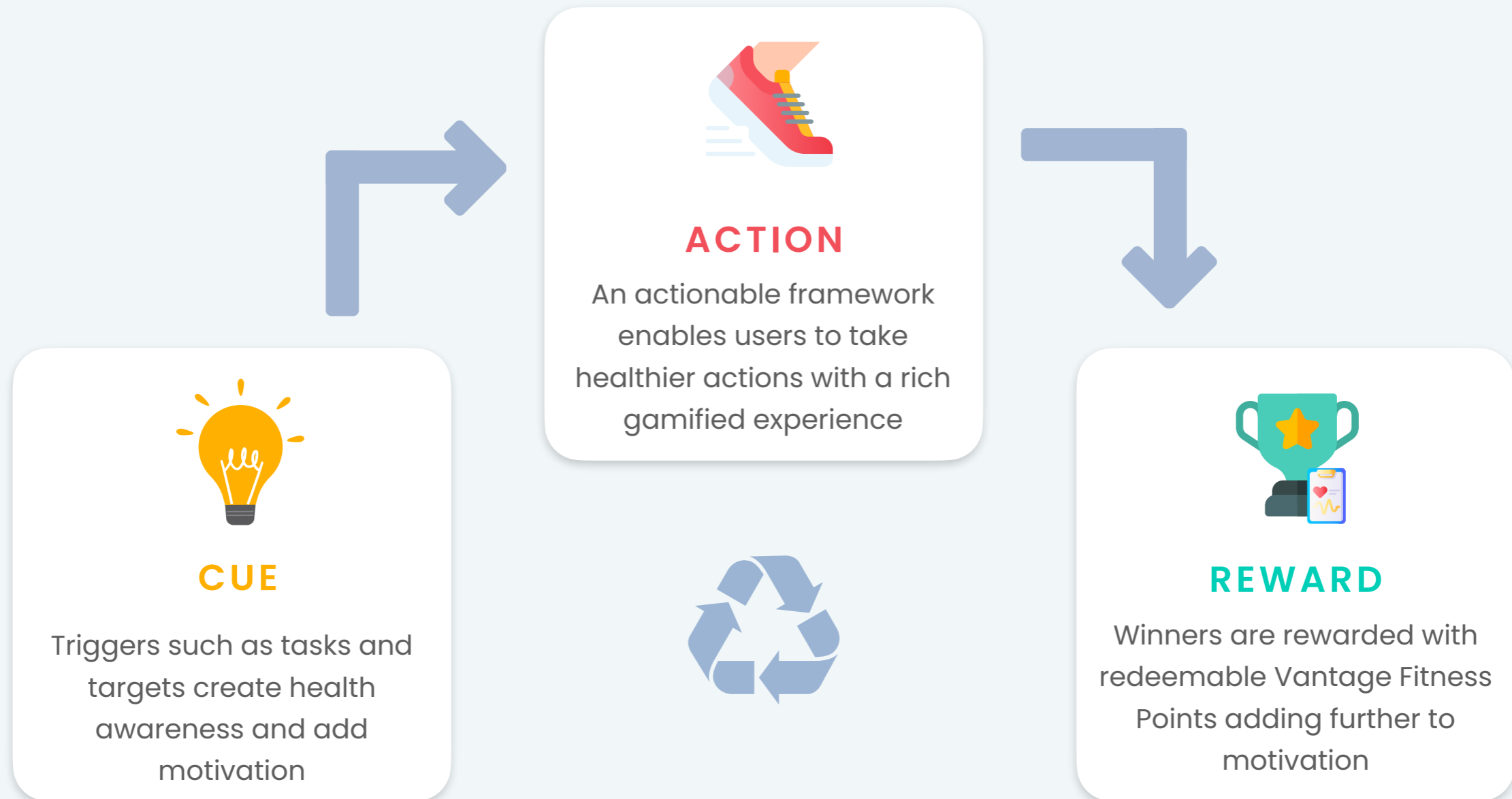


Setting Up An Engagement Strategy

Build a cost-effective strategy that is scalable, customizable, and meets your company's wellness goals.

Encouraging Healthy Habits

Vantage Fit focuses on the three elements of habit formation.



Incentivization Strategy

Intrinsic motivation will take your employees far. But in case they need a nudge in the right direction, you can provide them with positive reinforcement with the help of Vantage Fit Rewards. Incentivize your employees with fitness points and redeemable gift cards.



Redeemable Fitness Points

Once an employee completes a task, you can incentivize them with our flexible point-based rewarding system. These redeemable points are collected in each employee's unified wallet.

Gift Cards

Employees can redeem their fitness points as gift cards. Your workforce can shop for utilities and luxuries from our growing list of e-stores & global brands. Gift cards can be redeemed directly from the Vantage Fit app.

Recognition Strategy

Your employees deserve a pat on their back for all the little goals they achieve towards a habit formation. It can lead to healthier, longer-lasting engagement. Vantage Fit comes with a wide range of customisable features that are much better, scientifically supported ways to motivate employees.



SOCIAL

Using Vantage Fit, employees can share their workout progress and activity status along with the workout routes with their colleagues.

LEADERBOARD

Vantage Fit comes with a real-time leaderboard that makes your corporate wellness program engaging, boosting your workforce's sportsmanship levels.

BADGES

Highlight top steppers, enthusiastic participants, and engaged users with our in-app trophies and badges, dedicated to various health-related achievements

Engagement without Contests

Using Vantage Fit, users can stay active and engaged even when no contests are running. They can do a host of things when not taking part in a contest, such as tracking activities, counting calories, monitoring heart rate, and so on.



Non-challenge Engagement Ideas

- Recognize and celebrate individual accomplishments when not running a contest.
- Recognize the most consistent participants during and after a contest.
- Give out rewards randomly to users who stay active when no contests are running.
- Reward the employees who have shown the most improvement over time.

Social Engagement

Using Vantage Fit, users can share details of their activities on the social feed to let their colleagues know how active they are. The leaderboard feature allows users to track their colleagues' progress daily and stay motivated.



Support

How Can We Help You?

Our highly qualified team and program experts are available at your service. We will ensure that your employee wellness program is always running without any interruptions by providing augmented services. You can refer to our resource center and video links for quick guides.

End-User Support

Are you anticipating technical questions from your users? Our end-user support team can be contacted through support@vantagecircle.com via web and mobile apps. We are all ears to any doubts you may have about Vantage Fit and its services. Reach out to us anytime, and we will respond as soon as we can.

Full-Service Solution

Feeling stuck or running out of campaign ideas, don't worry, we got your back! Ask about our full-service option. Contact our sales experts for a comprehensive solution for your employee wellness. Get in touch with us and keep your employees fit and productive.

Frequently asked questions

What is the difference between a Challenge, a Contest, and a Campaign?

In simpler terms, a contest is all about competition without any targets or goals for the end-user. A challenge is a contest with targets, and a campaign is like an event that runs over a long duration and has a different challenge each week. Another difference is that contests support only individual participation whereas the rest of the formats support team & individual participation.

How is Global deployment supported?

We show, store and process every-day's activities on a timezone basis, which means if you have a challenge starting Monday, any participant in New York will see it start at his/her Monday Midnight and any participant from New Delhi will at his/hers midnight. We have support for 60 Timezones across the globe. These timezones are also kept in mind when the leaderboard is updated.

How are Fitness rewards handled for various countries and respective currencies?

We have built a framework to handle this exactly. We call this framework the Standard of Living Index. As a client, you can define what is the value of a US dollar in any currency, and accordingly, the fitness rewards are converted respecting the conversions defined by you.

Frequently asked questions

What if I want to create a challenge only for a particular department or age group?

We do have support for closed challenges/contests for this specific purpose, which can be joined only via an invite or via ADMIN override. With the HR dashboard, you can add any subset of your user base to a closed (private) challenge or contest.

What kind of reports will I have access to?

Every challenge will have its own reports for you to view. You can view the leaderboard, highest performers, and the percentage of target completion. Apart from this, you can also view reports about activity levels, engagement levels, BMI levels, and mental wellness summary at an organization or demographic level. Supported demographics are Gender, Department & Country.

How much customization can be done on the App?

You can customize the name, logo and even the branding in terms of colors for a challenge or campaign. However, for contests, there is a pre-built template which is displayed on the app. There is also support for configuring the dates of a challenge or contest, prizes, and teams.

Resources

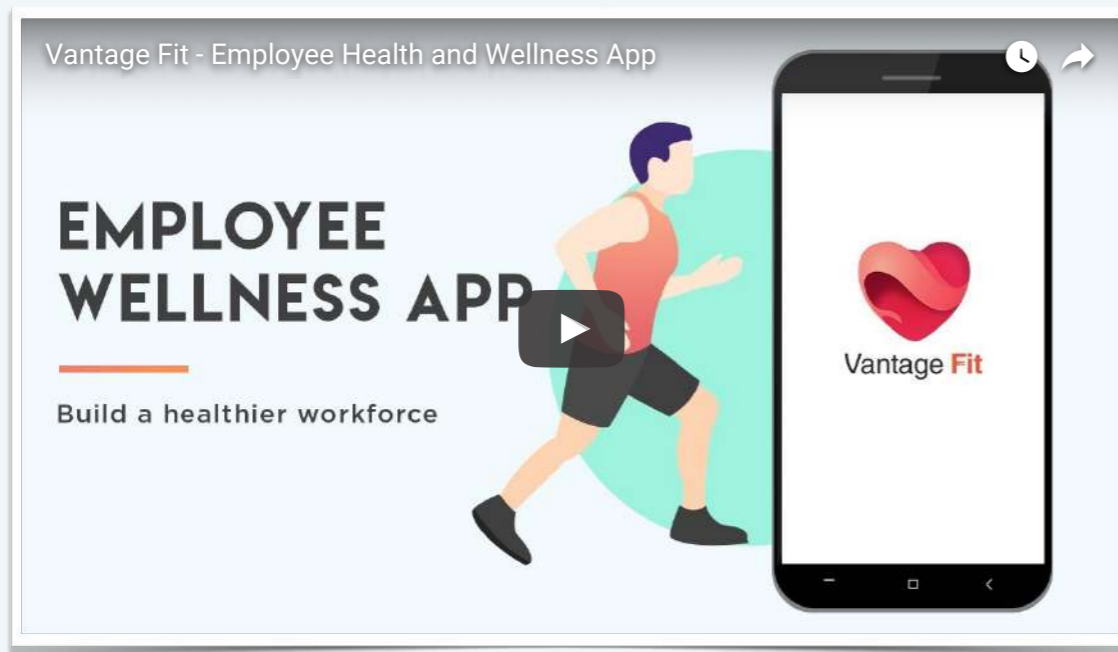
Complete Guide to Corporate Wellness Program

Click to view

The Vantage Fit Blog

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Videos





66 *A little progress each day adds up to big results.* 00

