



Vantage Fit



Introduction

Vantage Fit is a corporate wellness app designed from the ground up for enterprises

- Preventive health & wellness app
- Built in corporate challenges framework
- Tracks & improves Physical Health
- Focuses on mental health
- Promotes Heart health awareness



Features

At a Glance



ACTIVITY TRACKER



STEPS



7654

CALORIES



150



CALORIE TRACKER



HEART RATE MONITOR



Corporate Challenges



CHALLENGES & CONTESTS




GAMIFICATION WITH PRIZES



REALTIME LEADERBOARDS

 **Walk 7000 steps five times this week**
Earn 100 Points

 **Log your meal 5 times this week**
Earn 50 Points

Theme of the week
Drink Up

60% task completed




Win 500 Points

Your Rank: 24



amazon
Available Voucher - 250/500
Redeem Now

Flipkart
Available Voucher - 250/500
Redeem Now

1		Anthony Wood Total Steps 34567	6/6 completed
2		Carolyn Campbell Total Steps 33120	6/6 completed
3		Abhishek Kumar Total Steps 29120	6/6 completed

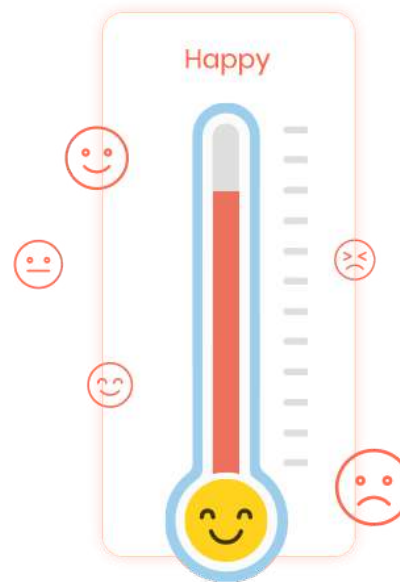
Other Features



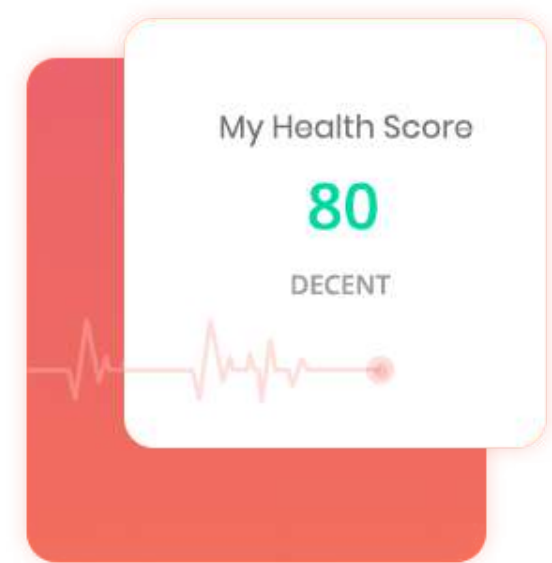
SMARTWATCH SUPPORTED



MOOD-O-METER



HEALTH PROFILES



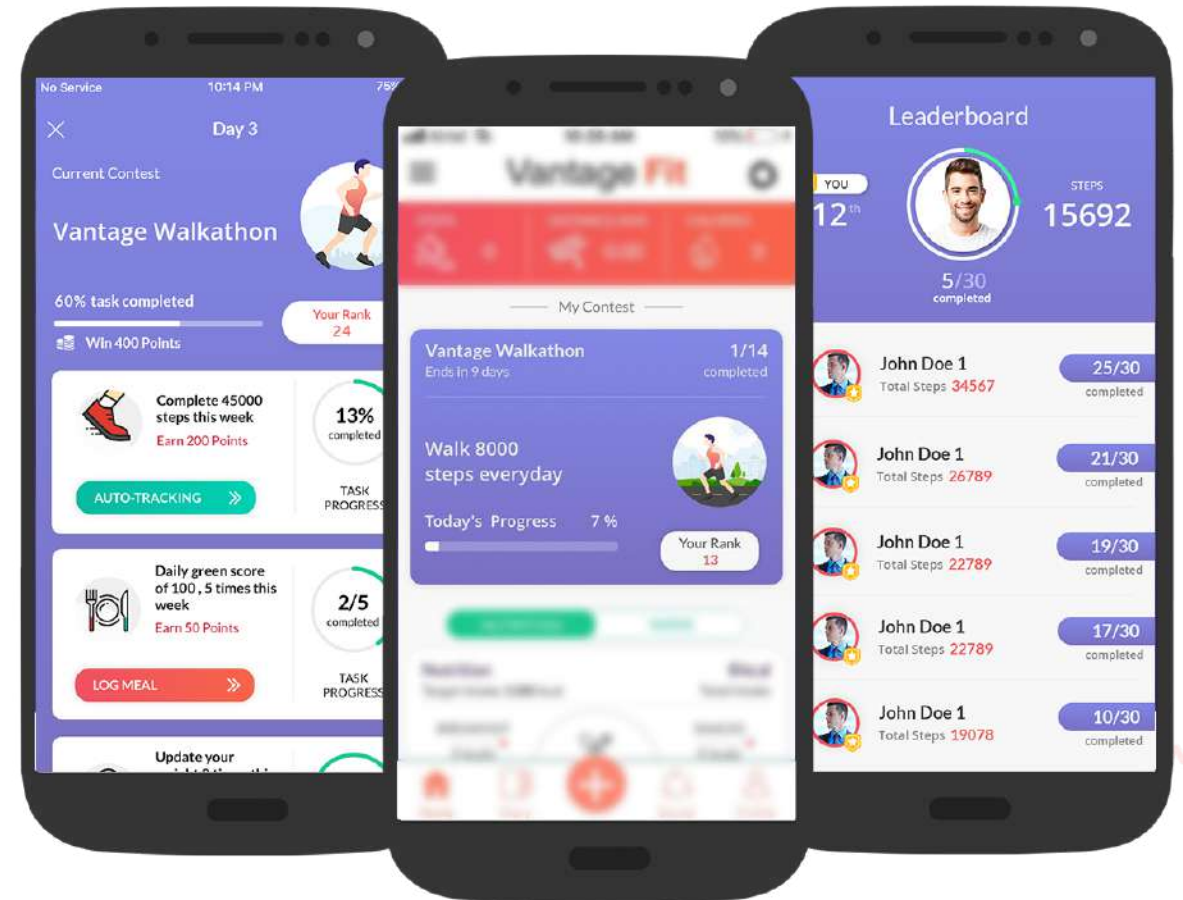
Health Challenges

An **Enterprise Framework** to deploy challenges, contests and health campaigns to the workforce

- Challenges with a weekly task
- Contests with a pure competition
- Health Campaigns with weekly themes
- Group Challenges

Other features :


- Realtime Leaderboards
- Teams
- Configurable Prizes
- Customisable Contest Branding



Challenges & Contests

Walk the most
Ends in 2 days


Overall Rank
#4/12



You are 3000 Steps behind to reach rank 1.

September Run to 5K
Ends in 11 Days

Daily Rank
#3/18



You are 4.0 km behind to reach the target

START RUN

LEVEL 3 ▾

Vantage Walkathon
Ends in 9 days

1/14
completed

Walk 8000
steps everyday



Today's Progress 7%

Your Rank
13

- Purely Competition Driven
- Highly engaging leaderboards
- A virtual race environment

- A New Challenge Every Week
- Daily & Weekly Targets
- Prizes at the end of the week

- A combination of both
- Competition based
- Exclusive focus on consistency

Health Campaigns

A Health Campaign can focus on multiples aspects of health and wellness every week

- New Health Aspect Every Week
- Variety of tasks and targets
- Pre-built 12 week template available
- Fully customisable
- Highest levels of engagement
- Inbuilt group chat module

CONTEST/CHALLENGE

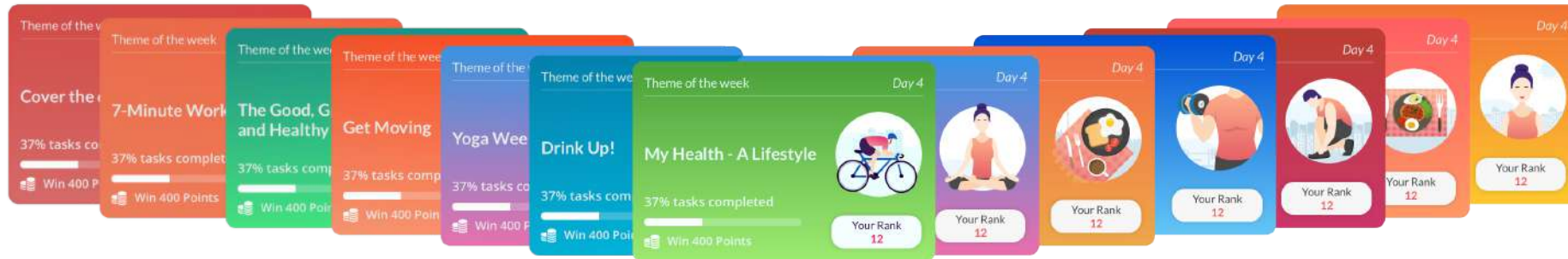
A contest or a challenge focuses on only one kind of metric, either steps or distance.










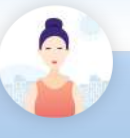

CAMPAIGN

A campaign is an extension of a contest or a challenge, it can focus on a variety of metrics and can have multiple tasks and targets



12 Week Health Campaign



					
New Beginnings	Get Moving	Drink Up!	Breakfast of the Champions	The Good, Green & Healthy	Cover the Distance
					
I've got the Power	Pro-Protein	7-Minute Workout	Yoga Week	Be Happy, Hail & Hearty	My Health - A Lifestyle

Admin Dashboard

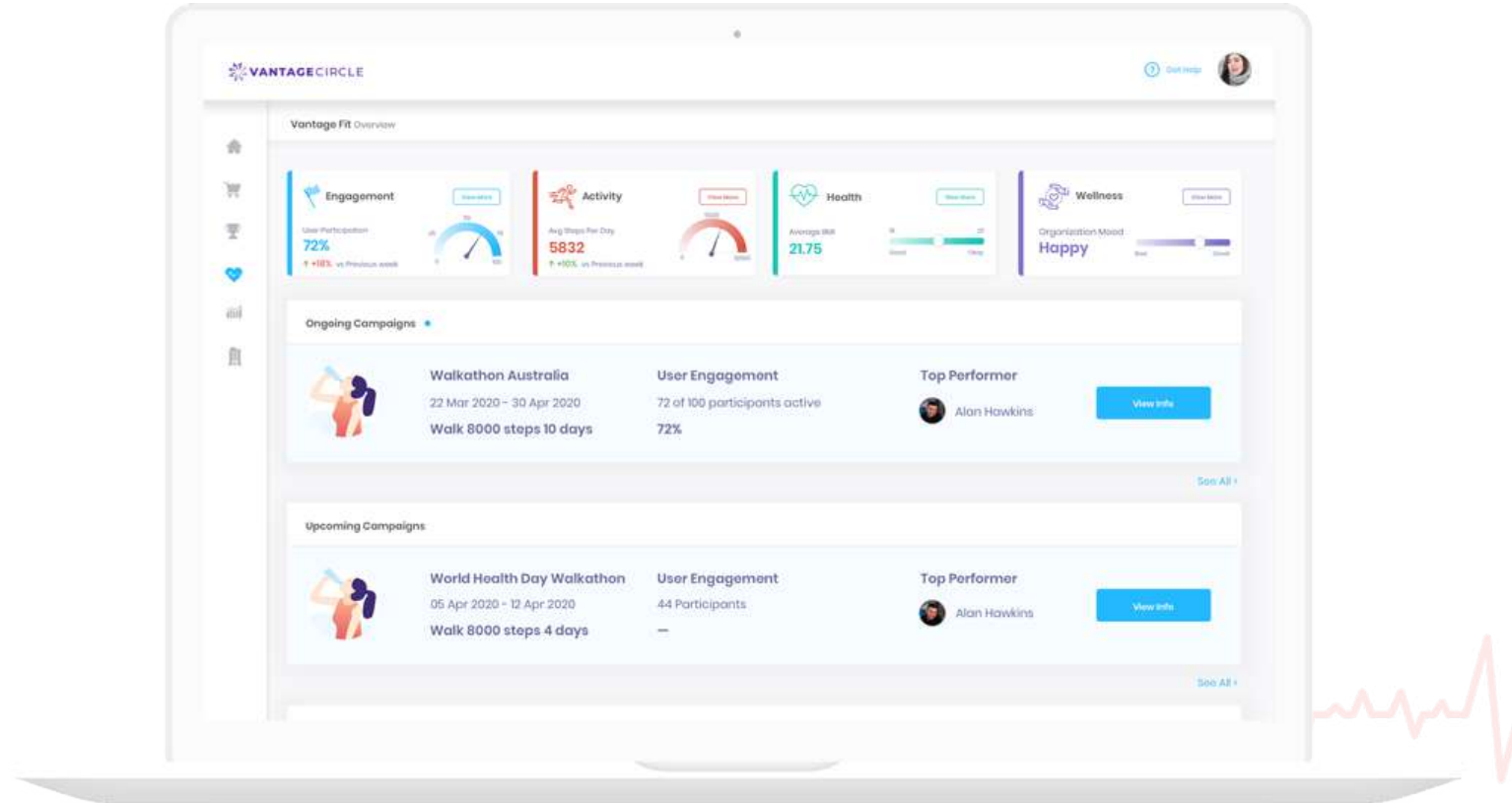
Insights, reports and analytics at your fingertips

Reports & Analytics

- User Engagement Insights
- Physical activity level reports
- Organisation Health Score & Mood-o-meter

Other Features

- Manage, Configure and deploy contests
- Create and Manage Teams
- Broadcast Health Articles and Tips



Communication

The key to a highly engaging wellness program is timely nudges and reminders

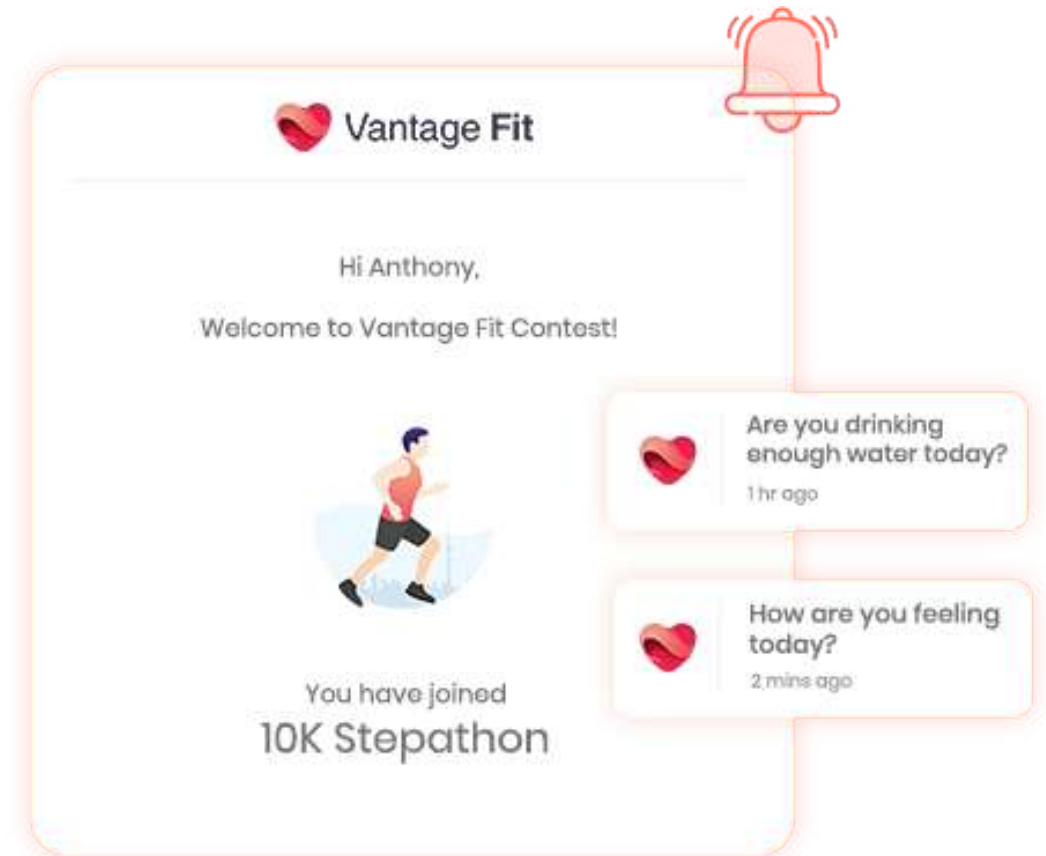
CHANNELS

The program will communicate with users actively using email and notification channels.

FACETS

The program will communicate and notify about -

- Goal Progress
- Achievements
- Reminders
- Theme of the week
- Health Articles





Case Studies

Insights generated via real user data, drive your wellness programmes based on results

LIFESTYLE IMPACT

- Before a challenge, only 3 in 200 people were active
- During the challenge, 35 in 200 people became active

CONVERSIONS

- Only 19 in 100 people were walking at least 3000 steps/day
- During a walkathon, 49 of 100 people starting doing 3k steps

During Walkathon



44 out of 255 people walked 8000+ Steps per day

Before Walkathon



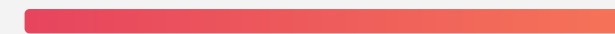
4 out of 255 people walked 8000+ Steps per day

11x
Participation

Number of people who walked 8000 or more steps in day on average

Number of people who were active (atleast 3000 steps in a day)

During Walkathon



125 people became active

Before Walkathon



49 people were somewhat active

2.5x
Increase in
activity levels

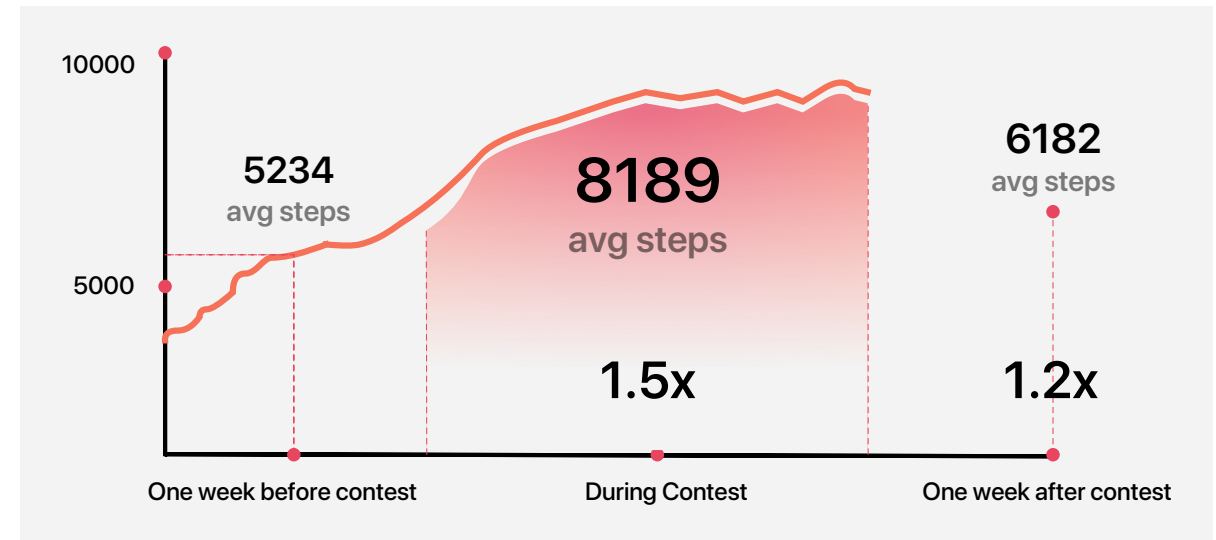


Case Studies

Insights generated via real user data, drive your wellness programmes based on results

HABIT FORMATION

- Before the challenge, average activity was ~5000 steps/day
- During the challenge, average activity was ~8000 steps/day
- After the challenge, average activity was ~6000 steps/day





Thank You

AVAILABLE ON



To know more, visit us at www.vantagefit.io

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