

Vantage Fit

Powered by Vantage Circle



Vantage Fit: All-in-one Platform to Prioritize **Employee Wellness**

Wellness Community



Wellness Challenges and Contests

- Team Challenges
- Journey Challenges



Personal Health & Wellness

- AI assistant for 24*7 wellness queries (upcoming)
- Personal trends & Insights
- Metabolism & Calorie Tracker



Wellness Programs

- Library
- Marketplace - Partner Offerings
- Trainings (Upcoming)



Wellness Rewards and Incentivization

- Gift Cards
- Merchandise
- Experiences
- Amazon Catalogue (Only US as of now)



Wellness Community

- Events
- Social Feed
- Calendar
- Chats (Focused Groups) (Upcoming)

Additional Services

• Activation Package

• Branding Package

Client, Capabilities and Awards of Vantage Fit



G2 Rating



4.6

150+ Reviews



Capterra



4.5

100+ Reviews

100K+
Users

100+
Countries

11+
Global
Languages

10K+
Reward
options

1210
Challenges

19.4B+
Step
Count

13.8M+
Kilometers



COACH PYRY



group^m nexus



Built by a **Trusted** and **Recognised** team



Under 10 Best Corporate Wellness Product Startups



Advanced AI Capability to Redefine Employee Wellness

Infosys

ACG

Capgemini



Cognizant

WELLS FARGO

BOSCH

LANDMARK GROUP

firstsource

TATA

LTI
Let's Solve



● Spread in 70+ countries

● Trusted by 600+ clients worldwide

● 1.8 million+ happy corporate employees

Why Corporate Wellness?

Before we dwell into solutions, we must understand the problem.



39% surge in sick days per year

Compared to pre-pandemic era, employees now are taking almost 1.4x more sick days

As per ADO Disconnect To Reconnect Global-Report 2022

Stress Levels are at an all time High

especially among the millennial workforce

As per State of the Art Global Workplace Survey Report 2022



12% increase In Healthcare costs

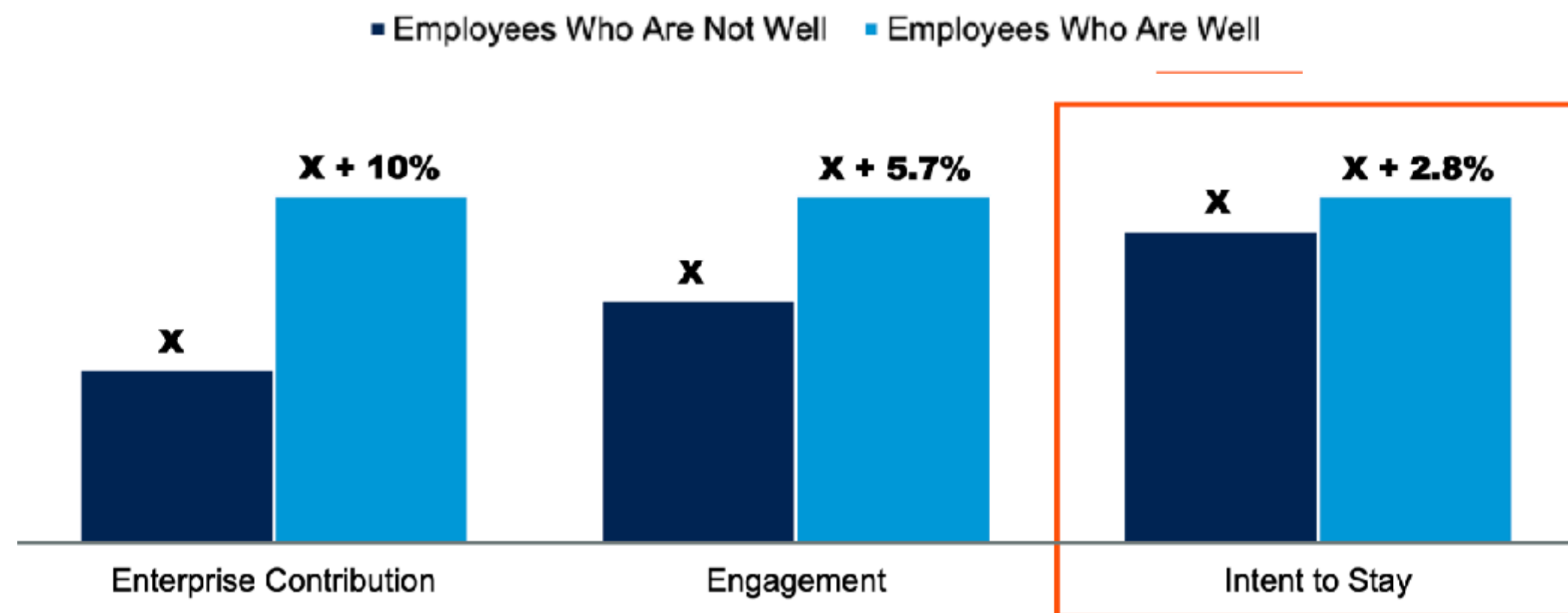
As per State of the Art Global Workplace Survey Report 2022



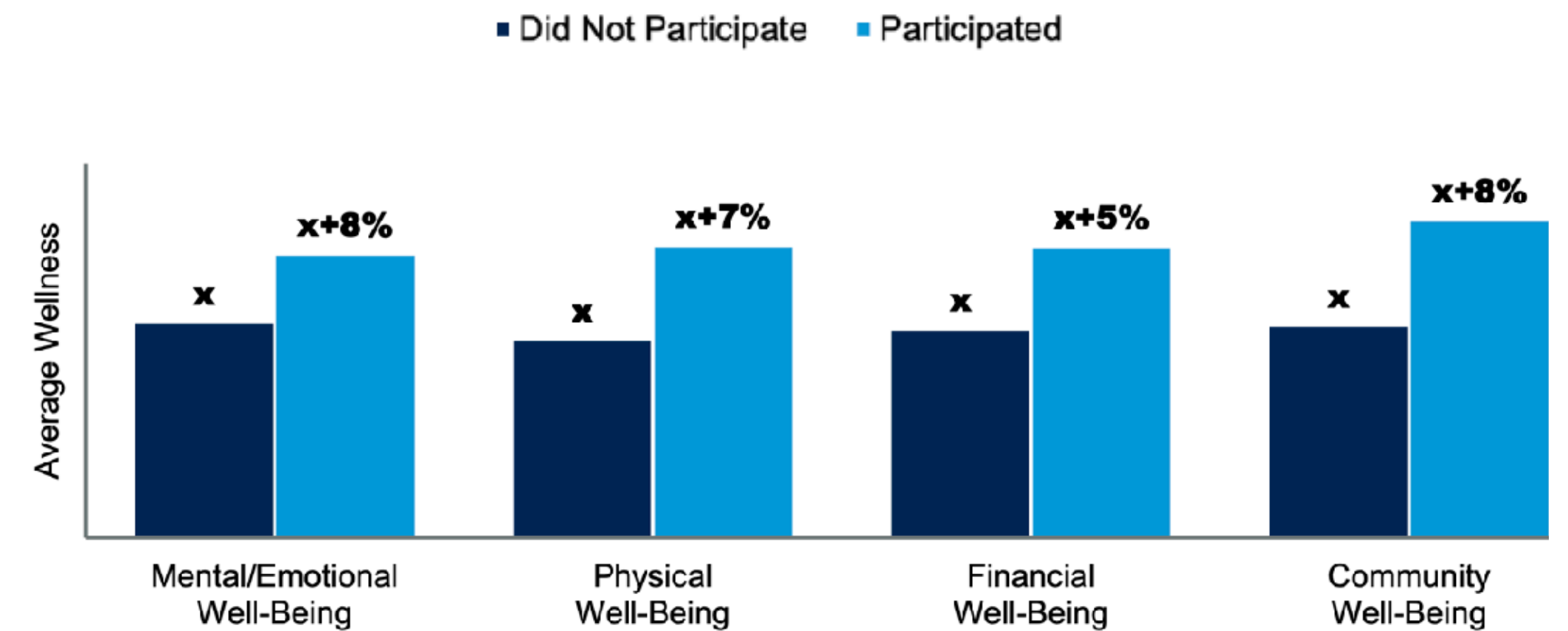
Wellness

Wellness programs have an impact.

So how do we get more people to utilize wellness programs?



n = 5,055 Employees Worldwide
Source: 2020 Gartner Well-Being Employee Survey



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Source: 2020 Gartner Well-Being Employee Survey

Why **Corporate Wellness** is still a challenge?



Fragmented Offerings

- Multiple wellness products and vendors for employees to access
- Different user experiences



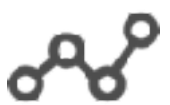
Lack of habit formation

- No incentivization mechanism



Underutilizing the power of community

- Wellness as a community activity encourages everyone to do more. It is not being utilized effectively



Lack of insights on usage

- HR doesn't know the success of different wellness activities across geographies, employee bands, etc to take necessary impactful decisions

Challenges solved by Vantage Circle

One Platform for your employees wellness needs

- Product across Physical wellness, Mental wellness, Financial wellness, Lifestyle content integrated on one single platform Different user experiences

Incentivize through the wellness wallet

- Give Give redeemable points for various activities by employees to nudge behaviour
- Wellness allowance through wallet to give employee special pricing on different wellness products and services

Use the employee community to lift everyone's wellness quotient

- Able to see and get motivated by each others wellness activities through a social feed

Analytics to drive engagement

- See usage data of various wellness activities by different cuts to take informed decisions

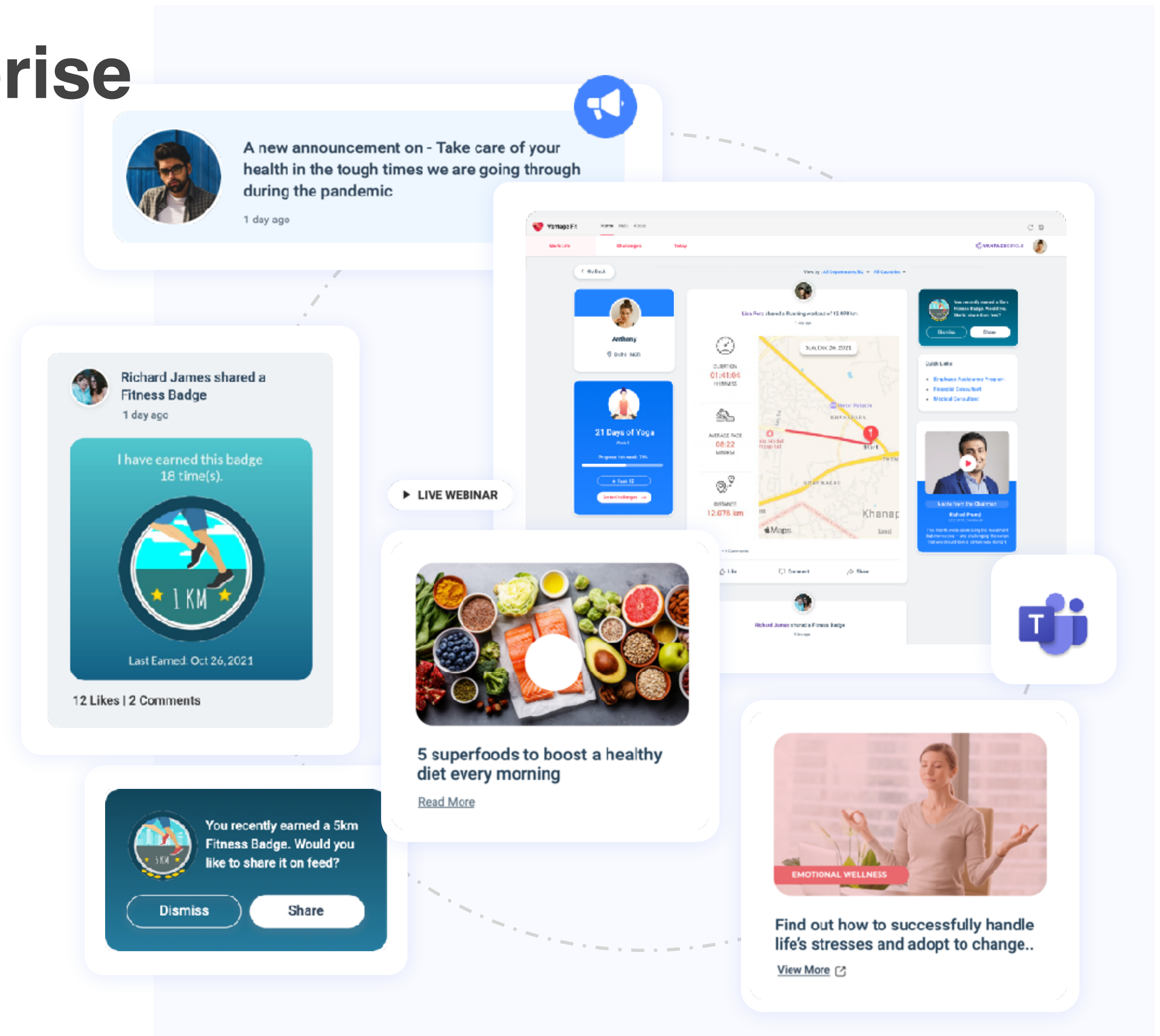
Benefits for the Enterprise

Vantage Fit enables organisations to care about wellness of employees and to provide an engaging community focused on whole being well-being.

- Foster a community of health & wellness
- Communicate leadership messages
- Be Diversity supportive with Multilingual support
- Engage with global hybrid workplaces
- Incentivize and nudge healthier behaviours

Features

- Encourage collaboration with Social Feed
- Educate with curated Health Content Library
- Integrate seamlessly with a curated list of wellness Providers
- Raise awareness with Webinars & Podcasts
- Wellness wallet to manage wellness allowances
- Get actionable insights on usage & behaviour patterns



Enterprise Wellness Framework

Integrate
With workplace
tools like MS-
Teams

1 Community



You recently earned a 5km Fitness Badge. Would you like to share it on feed?

Dismiss Share

Social
feed

John Doe
Online
Found a great spot for our morning yoga near the cafeteria



Wipro Gardens
Shared Location
7:50 PM

Awesome, let's check it out during our lunch break tomorrow!

Richard James shared a Fitness Badge
1 day ago

I have earned this badge 18 time(s).

Last Earned: Oct 26, 2021

12 Likes | 2 Comments

Chat
Room



**Encourage
Collaboration**

2 Lifestyle Content



Mindfulness helps you live in the moment
If you've heard of or read about mindfulness meditation — also known as mindfulness ..

Unlock



What I've Learned from Doing...
While watching television early one morning, I was channel surfing and...

Read More

Webinars, podcasts, articles,
videos



5 superfoods to boost a healthy diet every morning

Read More



**Educate
Well-being**

3 Employee Assistance



Wellness Wednesday Webinar: Happy Brain

View More



Find out how to successfully handle life's stresses and adopt to change..

View More



Tax Saving Options for Salaried Employees

View More

Leverage our
partner
network



**Care &
Communicate**

Wellness Adoption Communication Plan for Enterprises

Pre Launch of Wellness Challenges or App onboarding

- 15-30 secs Teaser Video
- Banner with Client Branding for Launch
- Emailer for Client internal promotion
- General Step-by-step manual for Admin and User
- Welcome and Credentials Intimation mails to Users

During Challenges

- Weekly mailer for better participation
- Weekly welcome mailer for new weekly themes

After Challenges

- Result Announcement mailer
- Reports will be available on the Dashboard
- Banner and winner announcement on request
- Automated Certificates Design on request

Other communication for Gamification and Adoption

HR Admin

- Month-on-Month Theme based Health Campaign Ideation with Admin
- Coordinating with HRs to run Special Theme - Campaigns like World Mental Health Day
- Calendar for Monthly Health Campaigns

Users

- Automated Badges and Certificates
- Reward Redemption Emailers

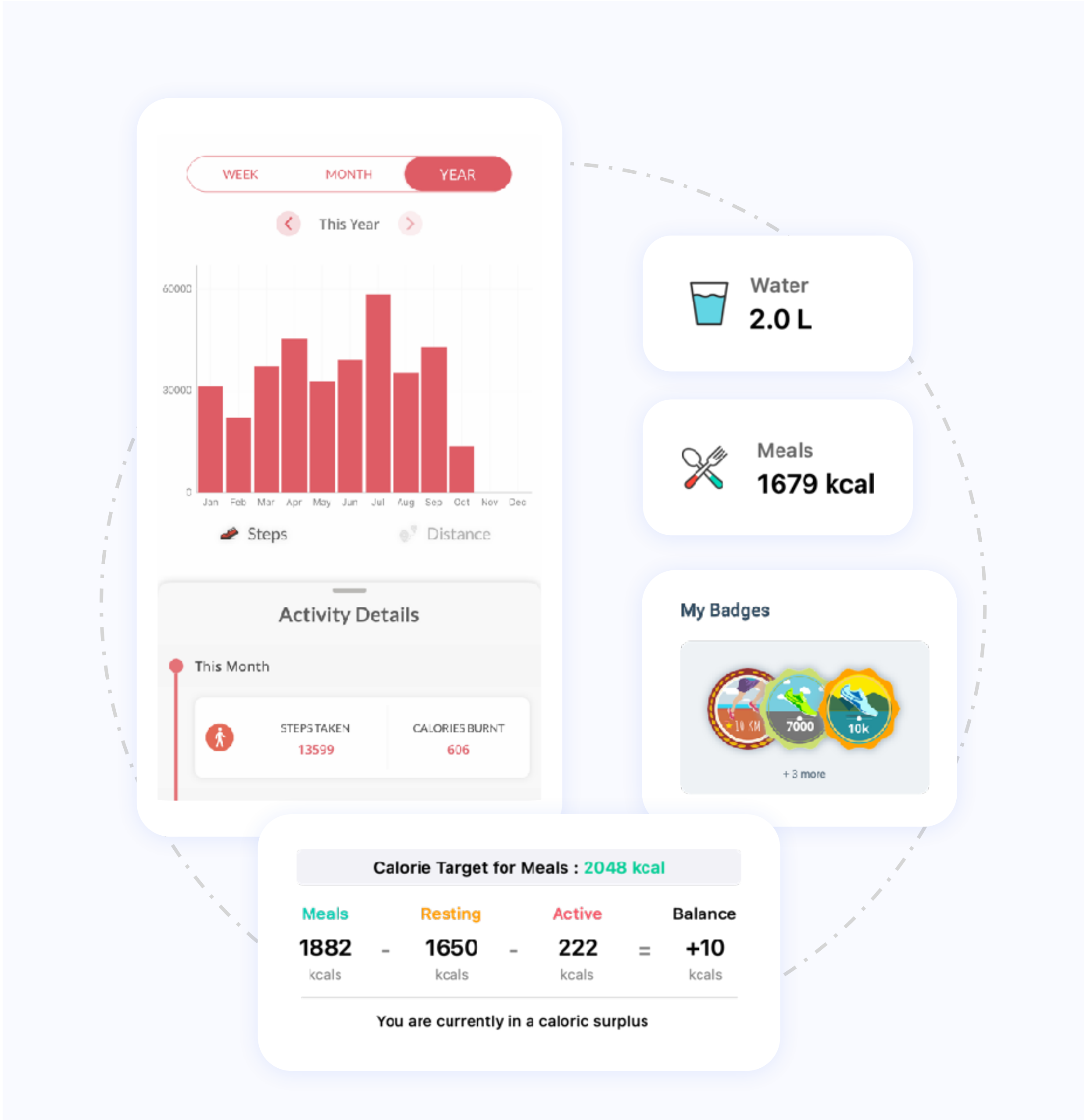
Benefits for the Employee

Vantage Fit helps your employees track every aspect of their health, with an inclusive approach towards physical, mental and lifestyle wellness.

- Focus on Physical, Mental and Financial Wellness
- Cardiovascular health awareness
- Reduce stress, increase productivity
- Make changes to Lifestyle and build healthier habits
- Promote Self awareness & Mindfulness

Features

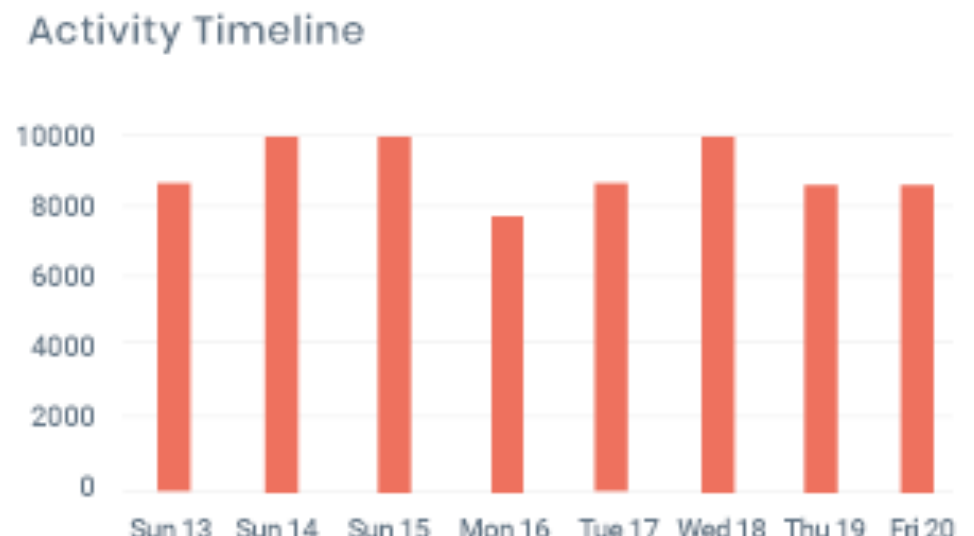
- AI powered home workouts
- Health Profiles and Assessments
- Badges to celebrate progress and milestones
- All inclusive Activity Tracker
- Calorie Tracker & Meal Journal
- Wearable support, Privacy inclusive & GDPR compliant
- Lifestyle content for awareness
- Special offers on Wellness spends



Personal Wellness Framework

1 Physical wellbeing

Activity Tracker



Step Tracker

STEPS: 7654 | CALORIES: 150

Squats

SQUATS: 50 reps, 53:02 time, 55 kcals



Introduce **Movement** therapy

2 Lifestyle & Behaviours

Calorie Intake

Calories Eaten: 1200 KCAL

Burned Calories

Calories Burned: 570 KCAL

Calorie Tracker

Calorie Target for Meals: 2048 kcal

Meals	Resting	Active	Balance
1882 kcal	- 1650 kcal	- 222 kcal	= +10 kcal


You are currently in a caloric surplus



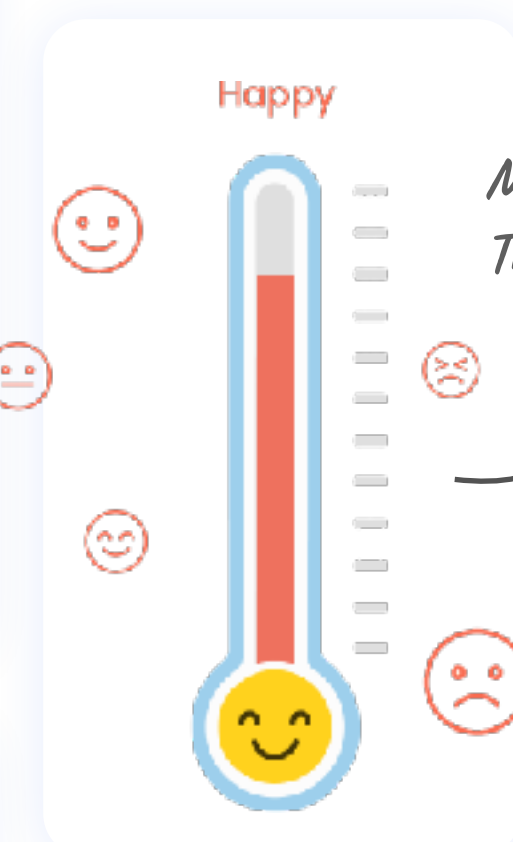
Promote **Healthier** Lifestyle

3 Mental Well being

Affectionate Breathing




Mood Tracker



Mindfulness

5 Minutes Mental Stability Meditation

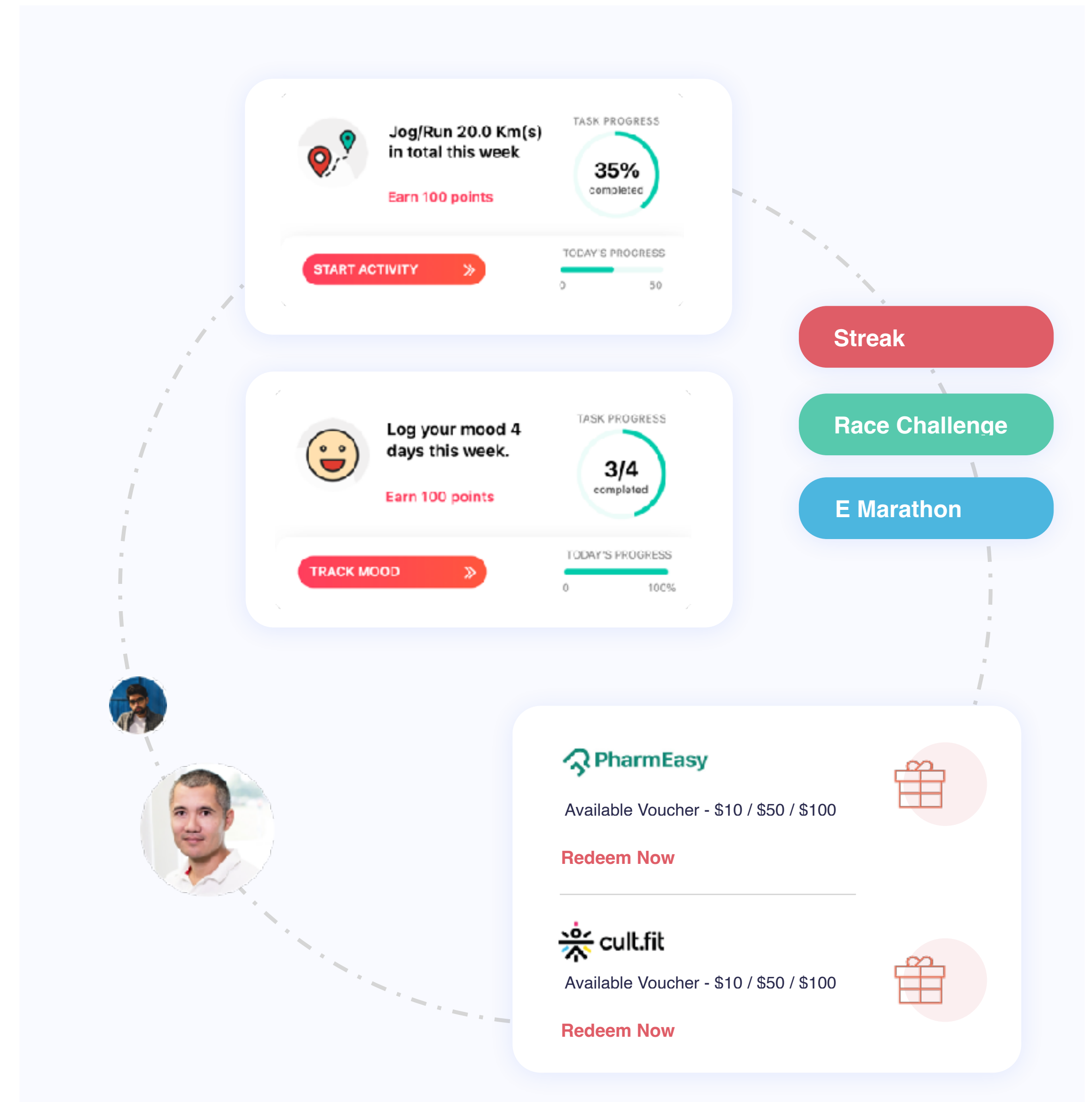



Help Manage **Stress**

Build Habits with incentivised Challenges

A Habit building framework which uses Incentivisation & Recognition to generate an ROI by increasing productivity, reducing healthcare costs and absenteeism.

- Challenges to fit all kinds of activities
- Team & Individual Challenges
- Real time leaderboards
- Hassle Free Challenge Management
- Various formats to fit every business need
- A comprehensible reporting tool
- Support for diverse demographics
- Rewarding & Incentivisation built-in with Gamification
- Wellness Catalogue for Redemption
- Dedicated Account Manager

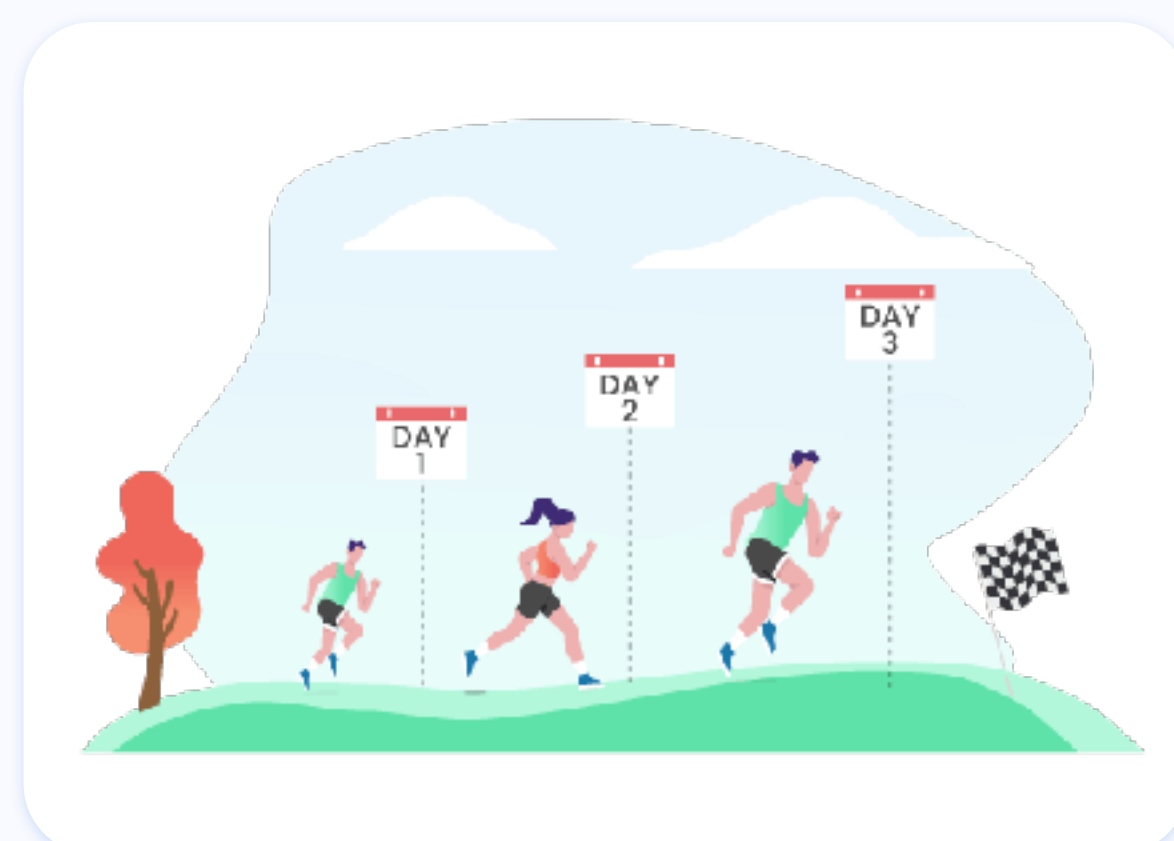


Types of Challenges

1 Race Challenge



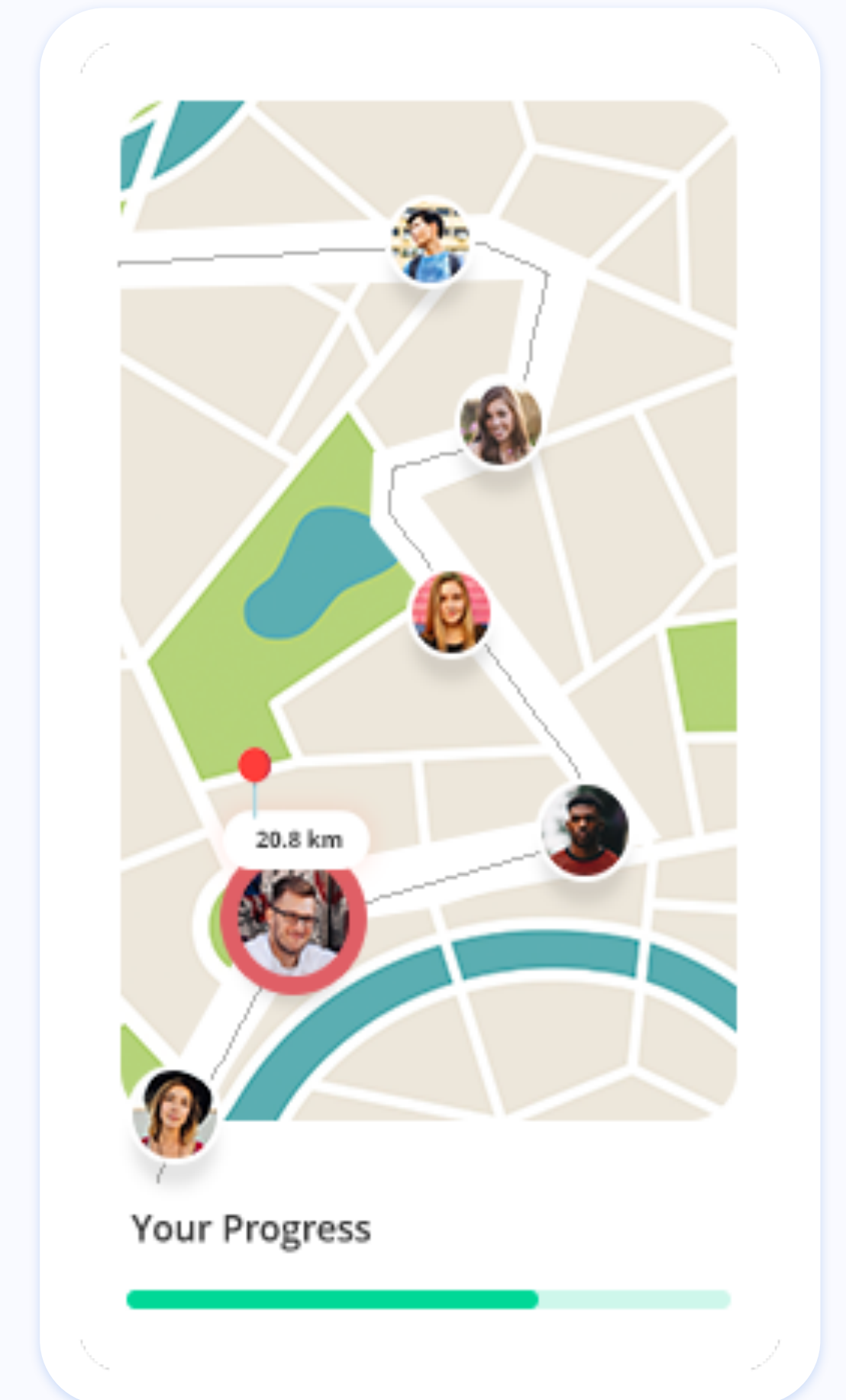
2 Streak Challenge



3 Custom Challenge



4 Journey Challenge



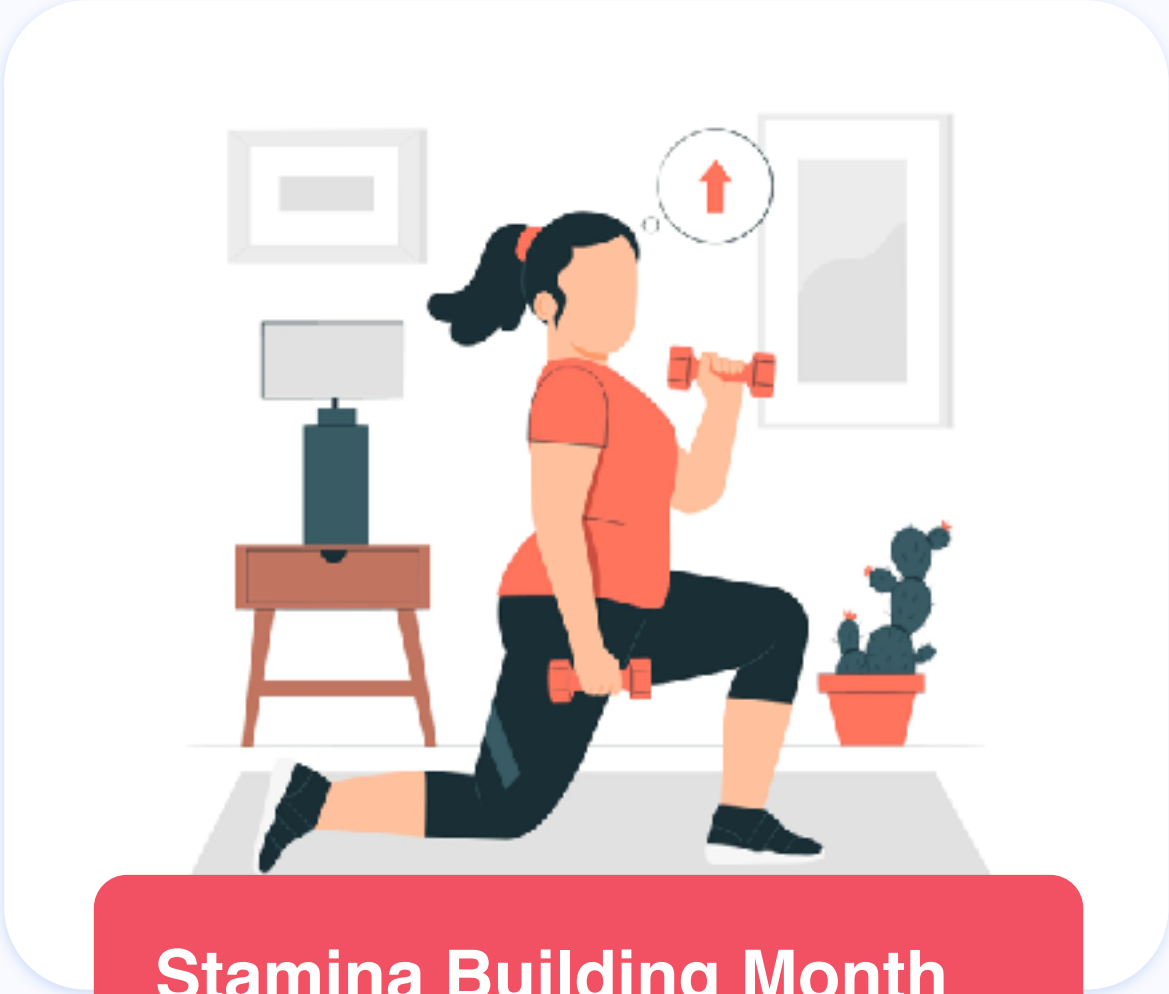
Pre-Built Challenges **Templates**



Self - Care Month



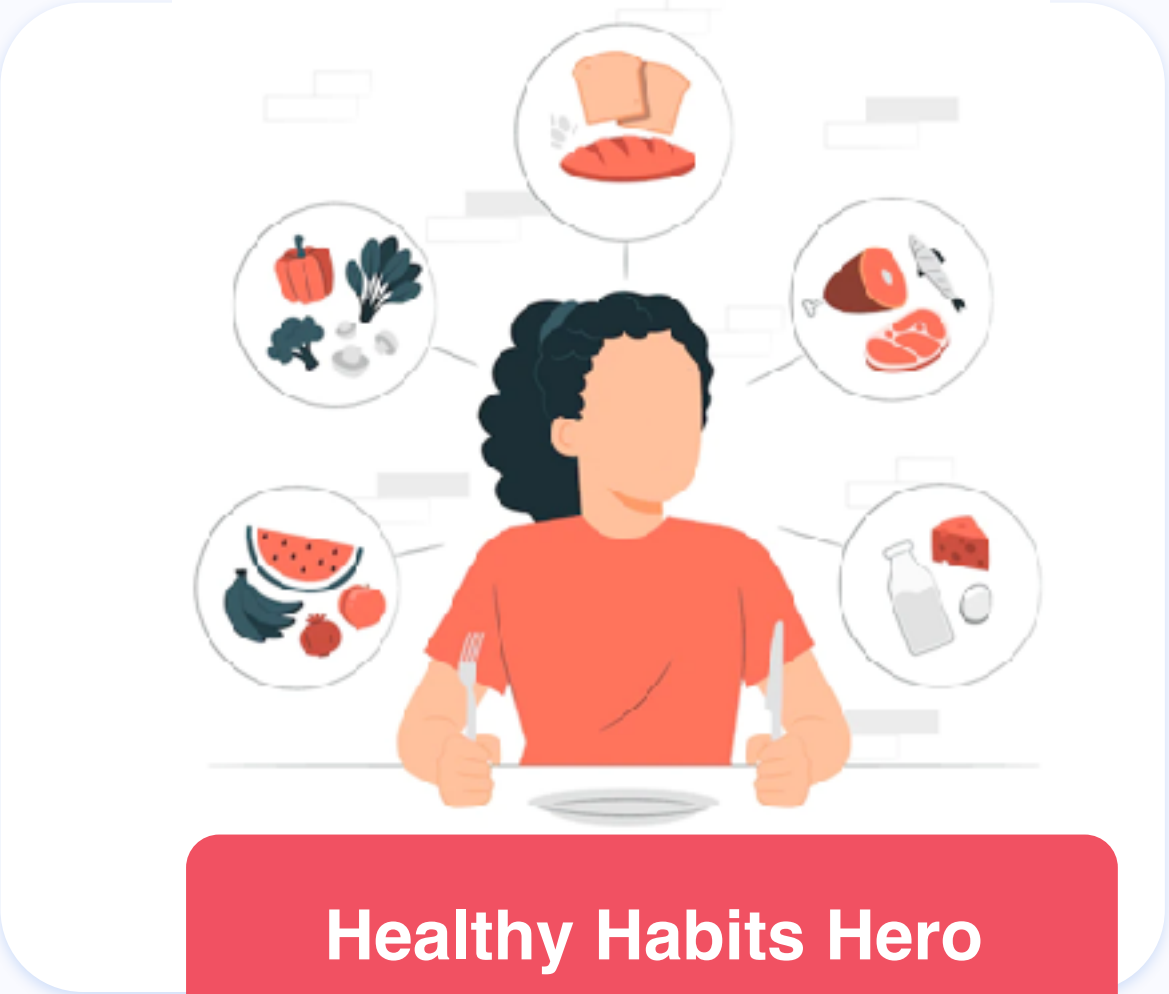
Stress Free Month



Stamina Building Month



Mindful Moving



Healthy Habits Hero

Habit Building Framework

1 Introduce New & Exciting Goals


New Challenges

Theme of the week
Drink Up

60% task completed
Win 500 Points
Your Rank 24

Daily targets

- Walk 7000 steps five times this week
Earn 100 Points
- Log your meal 5 times this week
Earn 50 Points
- Drink 8 glasses of water 5 times this week
Earn 50 Points

 **Cue**


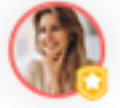

2 Incentivize Productive Actions


Task for Challenges

Jog/Run 20.0 Km(s) in total this week
Earn 100 points
35% completed
START ACTIVITY

Realtime Leaderboard


Log your mood 4 days this week.
Earn 100 points
3/4 completed
TRACK MOOD

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

 **Action**

3 Reward & Recognise Genuine efforts

Incentivize




Milestone Badges

My Badges
7000 10k
+ 3 more

Redeem Fitness Points

amazon
Available Voucher - \$10 / \$20 / \$30
Redeem Now

Walmart
Available Voucher - \$10 / \$20 / \$30
Redeem Now

 **Reward**

Analytics & Insights

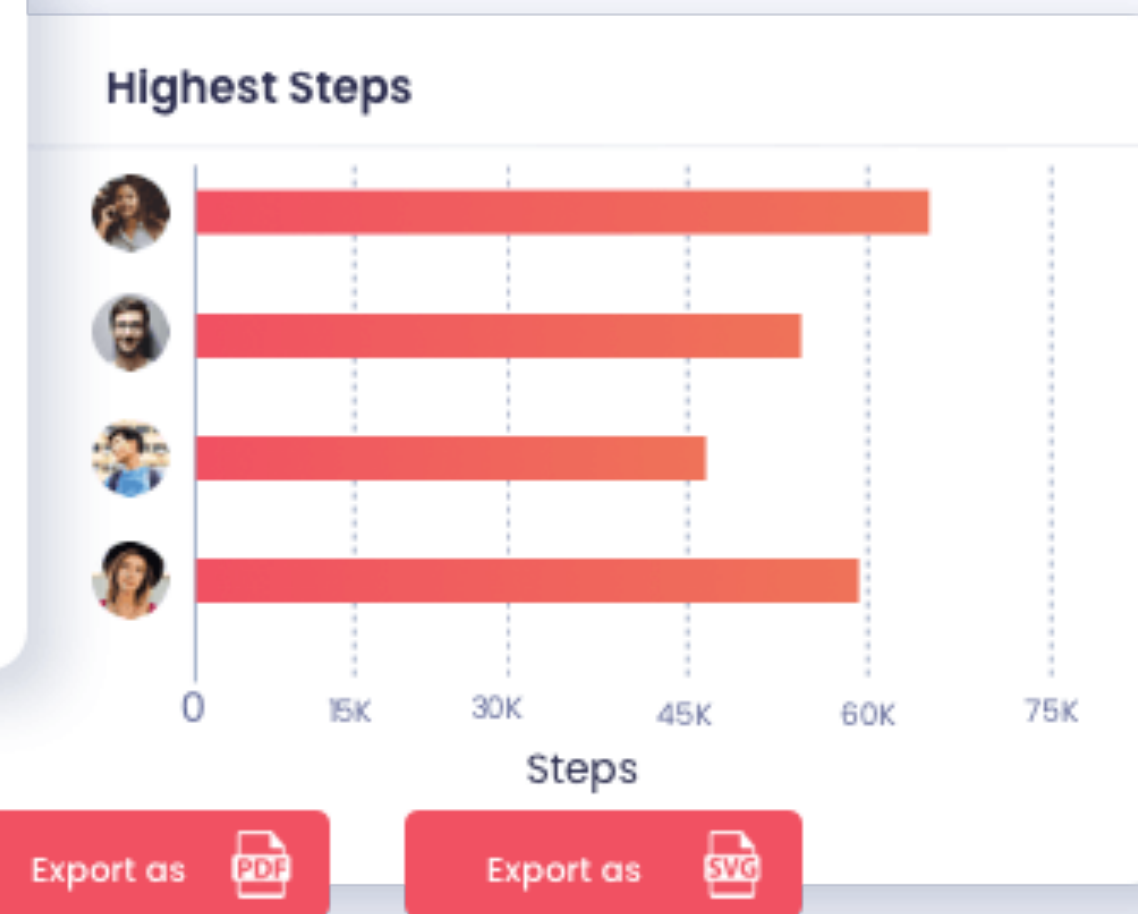
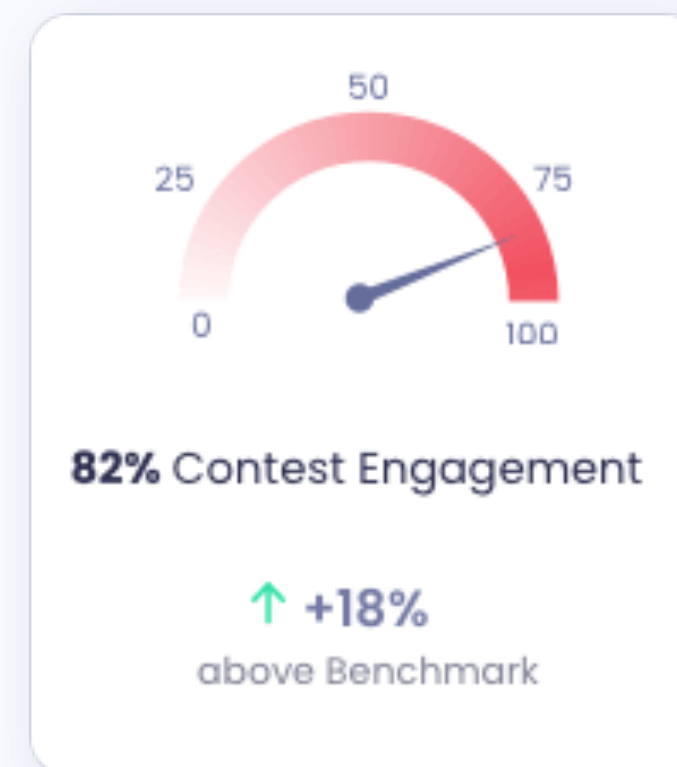
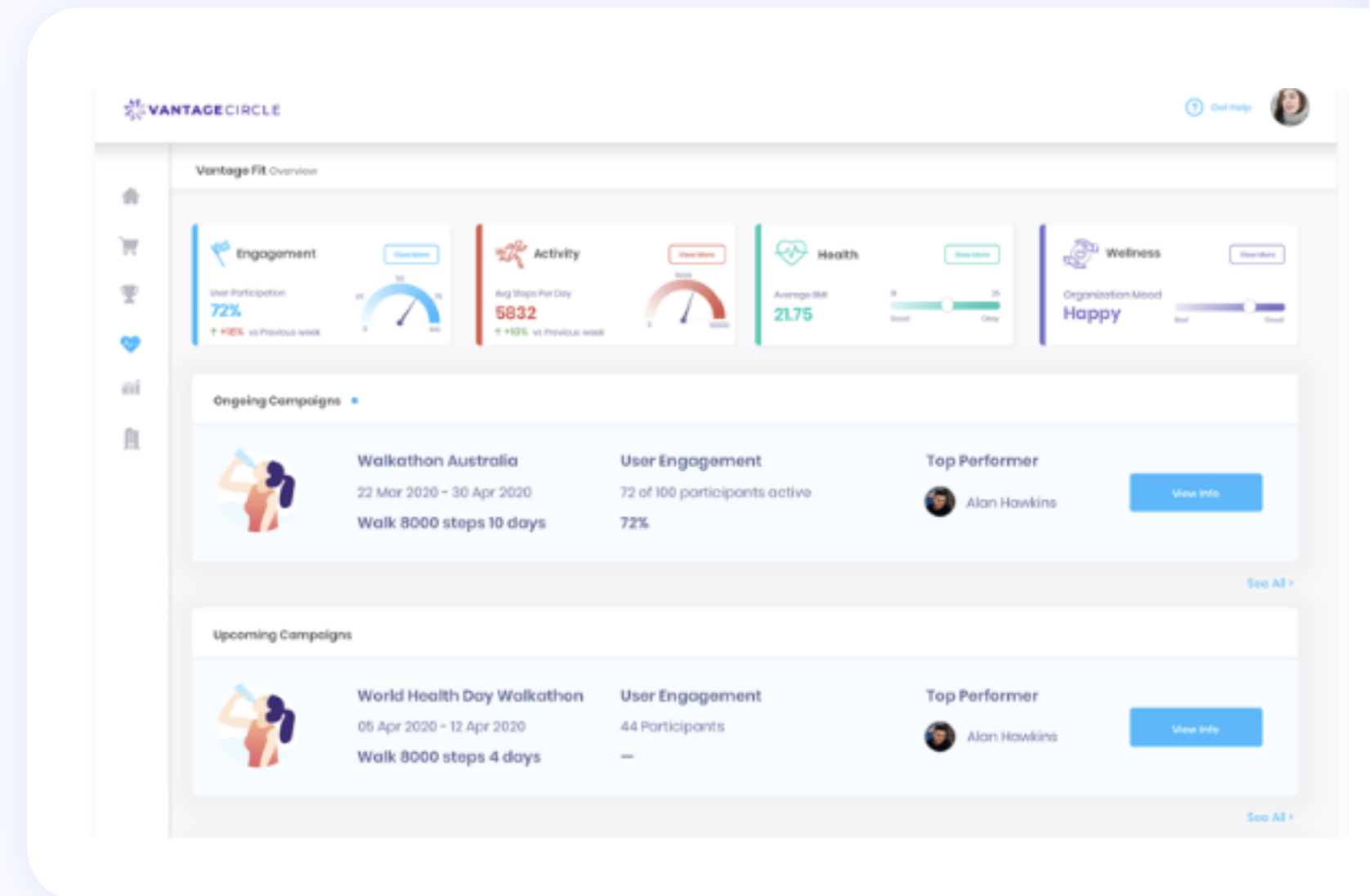
Insights, reports and analytics at your fingertips

An Inclusive Admin Panel

- User Engagement Insights
- Physical activity level reports
- Organisation Health Score & Mood Score
- Employee onboarding controls

Administrative Features

- Manage, Configure and deploy challenges
- Create and Manage Teams & Participants
- Broadcast Lifestyle content
- Target demographics & Geographies



Activity Task

- + Steps
- + Distance
- + Nutrition
- + Water Intake
- + Protein
- + Heart Rate
- + Weight Log
- + 7 Minute workout
- + Mood-O-Meter
- + Yoga Session
- + Squats Workout
- + Meditation Session
- + Book Reading



Health and Wellness Partners

Main Categories	Physical	Mental	Financial	Habit-Building
Sub Categories	Workout	Yoga	Tax Saver Sessions	Smoking Cessation
	Dance	Meditation	Investment Sessions	Alcohol and Drug Treatment Programs
	Yoga	Sound Therapy	Daily Cost Management	Time Management Programs
	Zumba	Mindfulness Recordings - Sleep, Relaxing, Stress Relief etc.	Employee discount programs	
	Diet and Nutrition	Spiritual Wellness (*Only None religious)	Financial Planning Sessions	
		Breathing Exercise	Loan Management Sessions	

Existing Partners















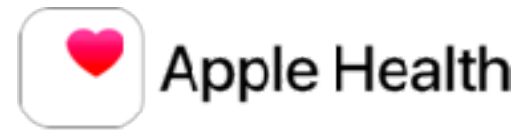




T+2 Months to onboard any new on-demand partner - led programs.

Integrations & Ease of Implementations

Technology & Wearable



UPCOMING



Endorsed by Microsoft as a preferred **ISV partner for Employee Wellness**



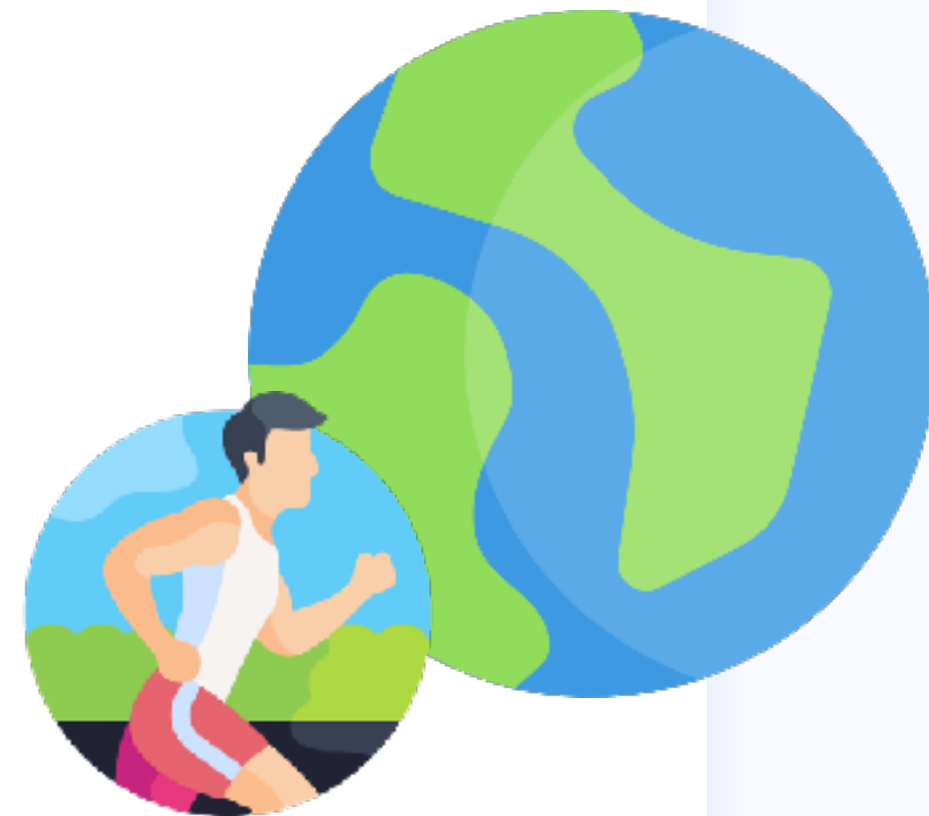
Tried and tested with the Global Corporate Wakathon

10.8B

Steps taken

124x

Around the Globe

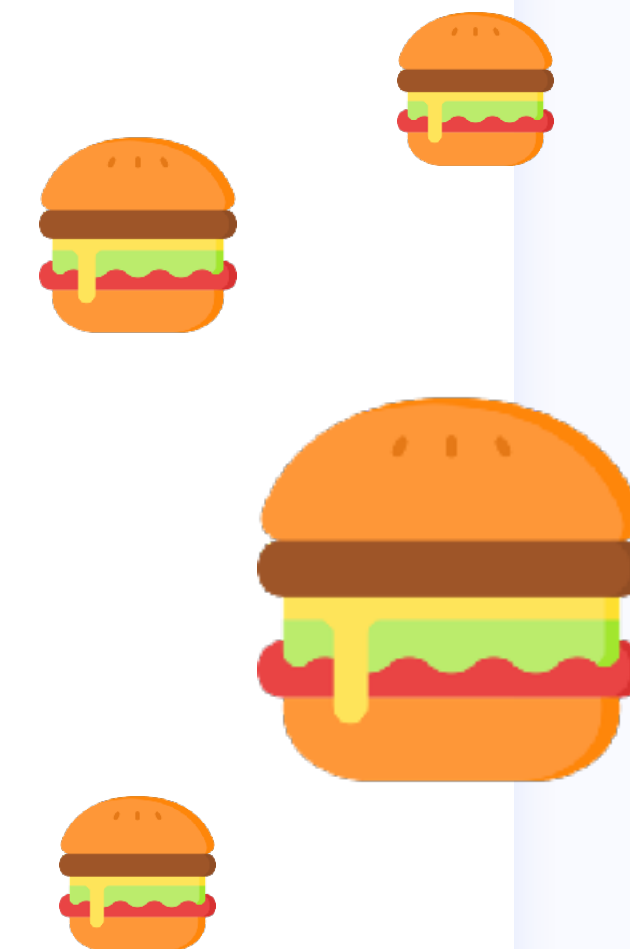


10M

Big Macs burnt

600M

Calories Burned



* Earth's diameter at equator considered to be 24901 miles (40075 km)

* Considering 550 Calories in a Big Mac burger (Source: McDonalds)

Our Clients & Users love Vantage Fit

This was very educative event of personal health. This drive help me to reduce 3kg.

What do you like best about Vantage Fit?
The analytical approach with Bar graph, daily intake etc.

Best app to kickstart our fitness journey.

What do you like best about Vantage Fit?
Daily goals and we can compete with friends and colleague.

Vantage Fit is a very decent application to keep track of all the physical activities.

What do you like best about Vantage Fit?
Best part is you can enrol your daily task and it will keep you a reminder in case you will not complete task.



Vantage Fit really helped me to achieve my target goals successfully. It has many useful features.

What do you like best about Vantage Fit?
Heartbeat monitor, Yoga and Aerobic sessions tracking, food intake tracking.



Vantage Fit provided a smooth experience for us with its virtual and cost-effective nature. The other platforms we looked into did not have the app feature and were comparatively expensive. The fact that our employees could easily download the application on their phones and sync it with their fitness wearables motivated them to participate in the program.

Michelle (Shaw) Metivier
Human Resource Manager at SRS Medical, United States

It helps me a lot, specially in this pandemic

What do you like best about Vantage Fit?

- Concentrating on Step Count.
- Competition between the participants.
- Motivate to do activities like aerobics, yoga, meditation, 7min workout.
- Best part of this app is competition, people do workouts, attend the tasks to earn prizes. This makes people Fit.

Amazing Platform for Wellness Initiative

What do you like best about Vantage Fit?
Nutrition Tracker really helps you be vigilant of mindful eating.





Thank you!

AVAILABLE
ON



To know more, visit us at www.vantagefit.io or
mail us at partner@vantagecircle.com

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