



PROGRAM

INTRODUCTION



PO Box 577
GARDNER KS 66030

(913) 359-0549
www.fitpass.life | info@fitpass.life

OUR MISSION:

TO SUPPORT BUSINESS BY EMPOWERING THEIR PEOPLE TO
TAKE CHARGE OF THEIR OWN WELL-BEING BY BOOSTING
FITNESS, APPLYING PASSIONS, AND ENRICHING LIFESTYLES.





WHO WE ARE & WHAT WE DO

We have seen over the past several years that corporations increasingly are turning to wellness programs to invest in their employees. And yet, wellness programs today are not servicing their needs the right way.

Wellness programs are generally resource intensive to implement, expensive to maintain, and largely inaccessible to most businesses in the US. Our team has piloted several different approaches to wellness programs; and, what we found is that an insourced approach, the power of technology and content, and direct engagement with end users (employees) enables us to provide corporations with proactive physical fitness and well-being solutions in an effective and truly transformational way.

Our program also helps users navigate disinformation and the over-saturated wellness industry in the US by centralizing their access to current, holistic, and uniquely relatable content. At FitPass LIFE, we aim to be the source for holistic, health and fitness programs and are simplifying well-being.

ABOUT THE COMPANY



Holistic **WELL-BEING**

It is widely accepted that good nutrition, physical activity and moderate exercise can improve health.



FitPass LIFE empowers our members with the knowledge of “how” to reduce the risks of several “Top 5 Most Expensive Employee Health Conditions”: heart disease & cardiac issues, diabetes, cancer, and obesity. We succeed by putting this knowledge into practice through an easily accessible and user friendly app.

Physical activity and exercise is proven to have immediate and long-term health benefits. Most importantly, regular activity can improve quality of life with everyone benefiting from exercise, regardless of their age, sex or physical ability.

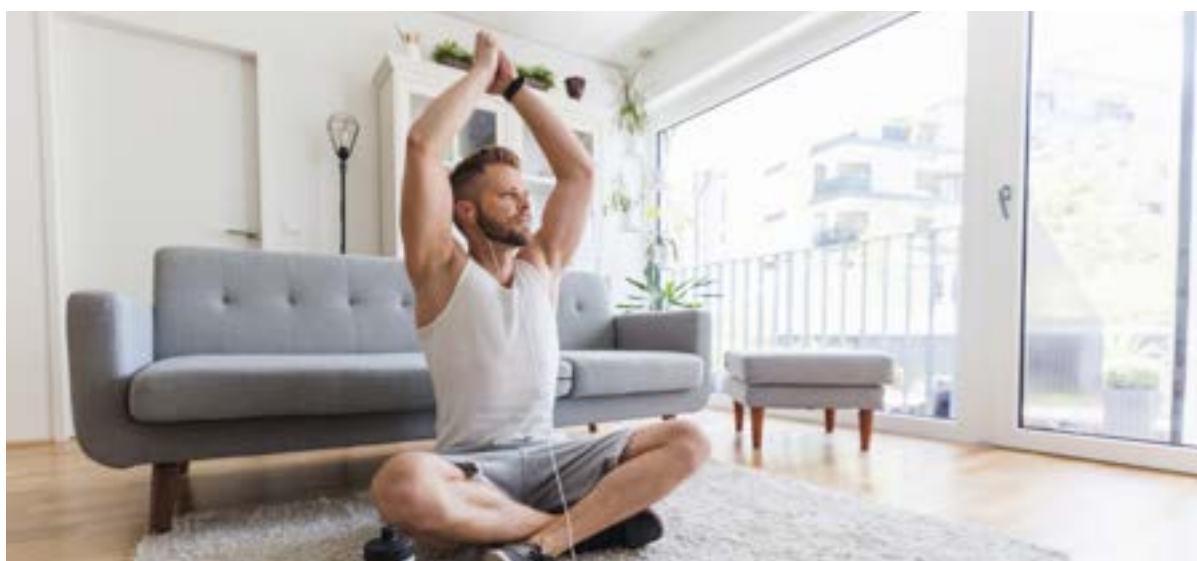
The FitPass LIFE program is designed around 4 of 5 primary health domains: physical fitness, mindfulness, sleep, and nutrition. This allows our members to consider their holistic health and make plans to improve their overall well-being.

Program **BENEFITS**

FitPass LIFE is designed to support and foster a holistic approach to employee well-being by creating an organizational culture of health. Our program extends beyond traditional wellness initiatives to cultivate healthy habits among employees, improve their health outcomes, and enhance their quality of life all while increasing productivity, optimizing human resource investments, and boosting employee engagement.

The success of our program is that we embed our wellness solution in the culture of your organization. Our team works with your business to deliver a customized program that is scalable and meets your unique needs. The FitPass LIFE program also gives your business the competitive edge to attract and retain top talent as job seekers look for companies that reinvest in its people.

Adopted as a stand-alone initiative or to complement existing strategies, the FitPass LIFE program equips our members with the tools necessary to achieve their best life. Our platform creates meaningful data to incentivize utilization and to strengthen health behaviors. Through an innovative approach, comprehensive platform and customizable software solution our program is designed to get the most benefit - maximizing your Return On Investment (ROI).



OUR SERVICES

Participant engagement is critical to building and sustaining an effective wellness program. Further, clear and consistent communication is essential to the success of any program.

Designated Wellness Coordinators are a great resource for many agencies; however, wellness initiatives can fail without dedicated time, clear ownership, and timely decision making.

FitPass LIFE fulfills this important role for our clients through our **People Engagement Specialist**. The People Engagement Specialist is our employee based at our client's location and is present to facilitate the day-to-day activities associated to building and sustaining their wellness program(s).

The People Engagement Specialist works to:

- Develop programs that promote health, fitness and well-being.
- Create awareness and motivation through educational campaigns, one-on-one meetings, on-site events, and new hire orientations.
- Plan, implement, evaluate, and maintain all of the client's wellness initiative(s).
- Personalize program features to increase engagement and participation rates.
- Establish relationships with internal teams and departments to promote wellness initiatives across employees and their families.
- Conduct assessments and surveys to gather feedback for continual improvement of the program.
- Develop a network of resources and contacts to strengthen the program's efficacy.
- Lead and coordinate wellness committees (as needed).
- Perform other responsibilities as requested.



PHYSICAL FITNESS

FitPass LIFE delivers a customizable, user experience that allows individuals to build their own workouts, select from a curated library of exercise programs, and stream our extensive Video On Demand catalogue.

MINDFULNESS

Mindfulness increases your ability to make controlled, conscious, thoughtful decisions. Core mindfulness skills teach you to slow down your mind, pay attention to all thoughts, feelings, and urges (without judgment) and use this information to choose an action purposefully, rather than impulsively.

PROGRESS TRACKERS

Pairable with industry leading health trackers, FitPass LIFE uses your biometric data to track your progress and inform your goals.



NUTRITION

Good nutrition and physical activity can help maintain a healthy weight; however, the benefits go far beyond weight. Good nutrition helps to reduce the risk of some diseases, to lower cholesterol and high blood pressure, and to improve energy levels. With one of the largest food databases created, at FitPass LIFE we make it easy for you to fuel your lifestyle and to improve your well-being.

ENGAGEMENT

The FitPass LIFE in-app community allows our members to connect with like-minded individuals, support colleagues and peers, and engage in friendly competitions.

GAMIFICATION

"Fun" is a critical component of exercise. We have developed a innovative solution that will burn calories, push limits, and conquer leaderboards all while having the most fun possible.

Program COSTS

The FitPass LIFE program is designed around the unique requirements of our clients and we aim to offer services that meet the specific needs of our members. To that end, the FitPass LIFE program is designed to maximize our clients' investment in our solution and the real world benefits of our members following the program.

We work with implementation teams to roll out the FitPass LIFE program. Relative to the services and features required, the program's design and build may take up to 4 weeks. Additional time may be required for our more advanced features.

Implementation of the FitPass LIFE program may comprise the following costs:

- One-time set up fee
- Per User Per Month fee
- Add-on administrative services
- Customized user experience
- People Engagement Specialist
- On-site coaching & wellness initiatives
- Personalized coaching services

To learn more about the FitPass LIFE program or to request a quote, please contact us for additional information:

FitPass LIFE, LLC

PO Box 577 GARDNER KS 66030

(913) 359-0549 | info@fitpass.life

We deliver our services through a truly innovative approach comprising our insourced People Engagement Specialist, fully customizable web-based software, and comprehensive mobile app (iOS and Android devices).



Program COSTS

FitPass LIFE **software configuration** granting access to 1 admin user and unrestricted access to all eligible users.

FitPass LIFE **administrative services**: account management, program support, content development, communications, challenges, competitions, etc.

Our **People Engagement Specialist** implements, facilitates, and manages the FitPass LIFE program at your business - on your behalf.

Customized **User Experience** promotes brand recognition to drive connection with your business's mission and values.

Business analytics inform your decisions and monitor program engagement.

Annual **biometric screening** facilitated using latest technology for accuracy, consistency and monitoring.

NOTE: a one-time set up fee applies for all programs. Contact FitPass LIFE for full program costs.


+PRO


Designed for holistic health: the app provides access to 200+ curated workouts, an extensive Video On Demand library, biometric and progress trackers, an in-app community, challenges and competitions, and so much more to create the best physical fitness experience for your business!


1-1999


USERS


 Unrestricted, **+PRO** access for all users.

 Self-directed program implementation.

 **Optional Program Add-on.**
Eligibility determined and costs quoted at the time of purchase.

 **Optional Program Add-on.**
Eligibility determined and costs quoted at the time of purchase.

 **Optional Program Add-on.**
Eligibility determined and costs quoted at the time of purchase.

 **Optional Program Add-on.**
Eligibility determined and costs quoted at the time of purchase.

\$1.49-\$9.99

PUPM

PUPM: Per User Per Month

PREMIER

OUR BEST VALUE! A dedicated People Engagement Specialist works with your team to drive implementation, promote participation, and increase engagement. Our innovative approach sets us apart from the competition as we take the central role in driving your Return on Investment (ROI).

2000 USERS MIN.

➤ Unrestricted, **+PRO** access for all users.

➤ Professionally guided program implementation.

➤ On-site, subject matter expert coordinating program events, activities, and engagement.

➤ Customized app Home Screen with client branding, logo and color scheme.

❌ **Optional Program Add-on.**
Eligibility determined and costs quoted at the time of purchase.

❌ **Optional Program Add-on.**
Eligibility determined and costs quoted at the time of purchase.

\$9.99 PUPM

ELITE

With full control of the program's implementation, the People Engagement Specialist works directly with end users to foster their engagement, encourage their participation, and maximize their results delivering significant returns for business's profitability, and productivity.

2000 USERS MIN.

➤ Unrestricted, **+PRO** access for all users.

➤ Professionally guided program implementation.

➤ On-site, subject matter expert coordinating program events, activities, and engagement.

➤ Customized app Home Screen with client branding, logo and color scheme.

➤ Periodic program reporting tracking participation rates, engagement, and feedback.

➤ Annual screening providing individualized analysis monitoring health metrics and improvement.

\$14.99 PUPM

PUPM: Per User Per Month



THANK YOU

FOR YOUR ATTENTION
AND CONSIDERATION



PO Box 577
GARDNER KS 66030

(913) 359-0549
www.fitpass.life | info@fitpass.life