

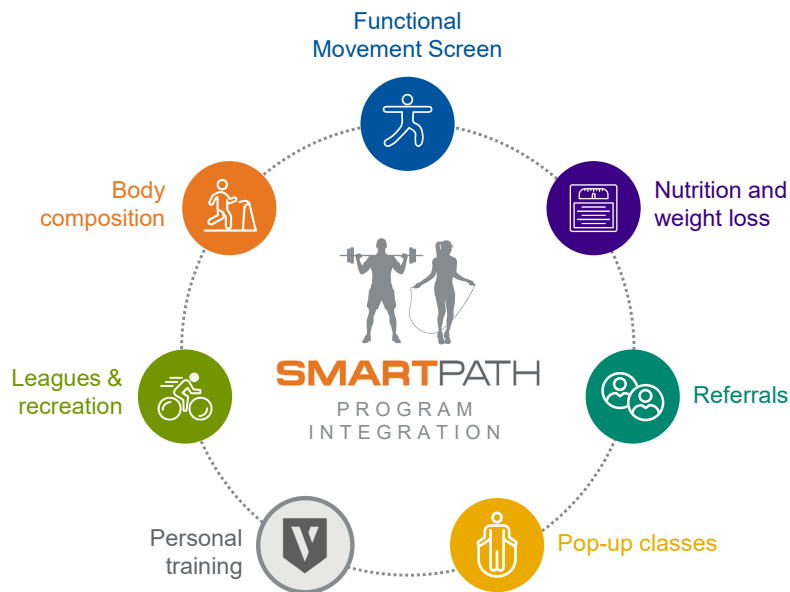
Workplace Well-Being

Fitness center management



Comprehensive fitness center management designed to engage employees

Optum manages all aspects of a fitness center to provide a clean, safe and inviting environment to welcome employees of all fitness levels. We focus on professional management and integrated programming to drive engagement and keep employees coming back.



Programs for employees at any fitness level

When employees sign up for the fitness center they're invited to begin SMART Path, a program delivered by Optum staff to drive engagement and increase participation in all wellness programs. Our staff create customized plans to meet each employee's specific goals and monitor their progress consistently to maximize results.



Group fitness and personal training programs accessible to employees wherever they are.



Available to stream on-site or mobile, Daily Burn provides access to over 2,000 full-body workouts, presented by industry-leading instructors.



Uniquely designed for the populations we serve and delivered by the fitness staff employees know, our Signature and Pop-up classes deliver fresh programming to stream live.



An AI-driven fitness training app that tracks, adapts and evolves each user's workout for a personalized training experience.

Streamlined management

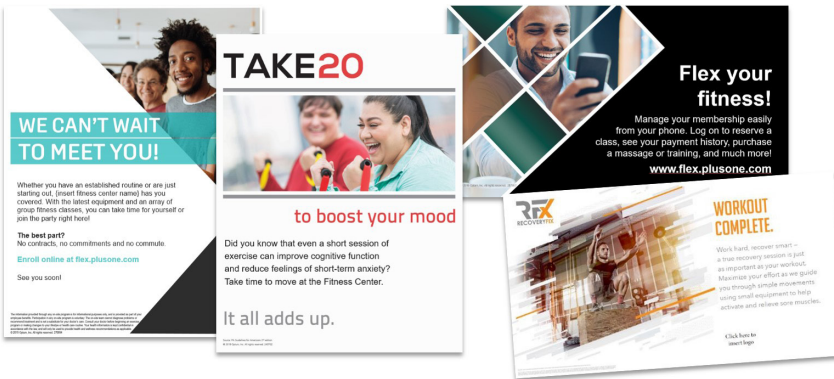
Our proprietary online management tool and mobile app are configurable to your unique brand. And they streamlines the administration process — including enrollment, payment, class sign-up, interactive wellness challenges, surveys and reporting.

Innovative programming

- **Proprietary fitness classes** designed by experts and tailored to the population’s needs and interest
- **Movement-based approaches** to address musculoskeletal issues
- **Personal training** to help employees stay on track through individualized motivation, discounted packages and virtual training through the Volt app
- **Recreation leagues**, event and outing management designed to help employees re-engage in their workplace community
- **Referral tracking** service to all available wellness offerings

Engagement outreach and segmented marketing

We learn your culture and design promotions that engage your employees.



- Member retention strategies and promotional events help employees of all fitness levels make lasting health improvements
- Marketing focused on the whole person drives enrollment and utilization



Drive employee satisfaction with professional fitness center management

82%
average member satisfaction

88%
more visits with
SMART Path

30%
population engagement
with digital fitness apps

2x
increase in visits with
Personal Training Club

¹Optum Book of Business statistics, 2020



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Optum brings wellness to your workplace with solutions designed to save your company time, resources and expense. **Learn how we can help bring your company's fitness vision to life.**

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