



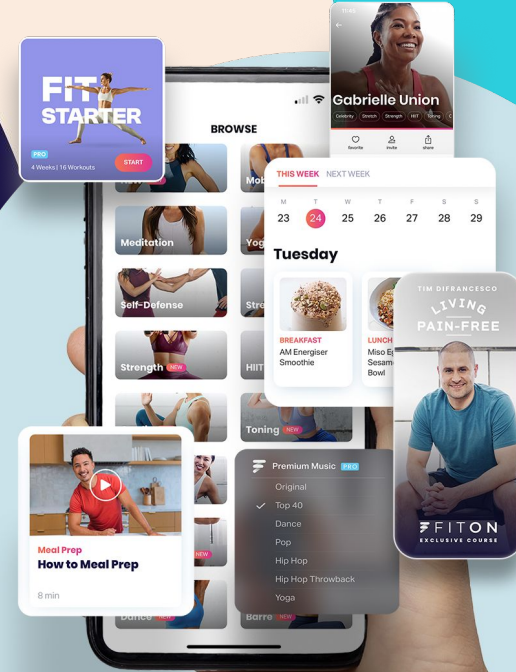
Say Hello To Your Favorite Benefit



Updated June 2023



FitOn Health is revolutionizing health and fitness with an **integrated & engaging wellness care platform** focused on driving behavior change.

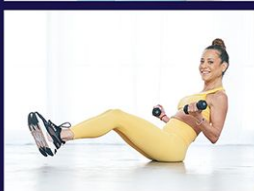


Digital



Widest Variety

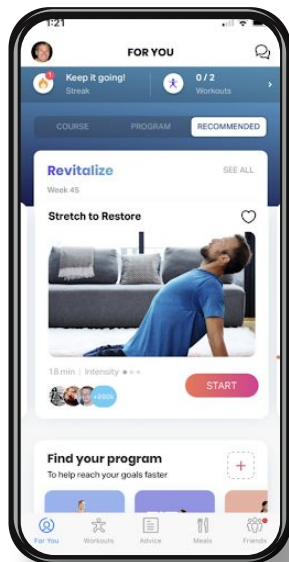
All our exclusive in-app content is **created in-house & purposefully curated** to deliver the best experiences to your members.



HIIT.
Cardio.
Yoga.
Strength.
Barre.
Meditation.
Low-Impact.
Toning.
Pilates.
Dance.
Postnatal.
+ More

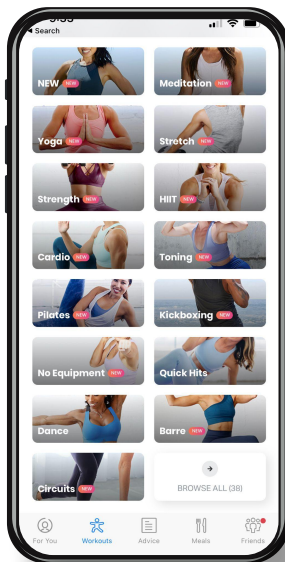


At A Glance



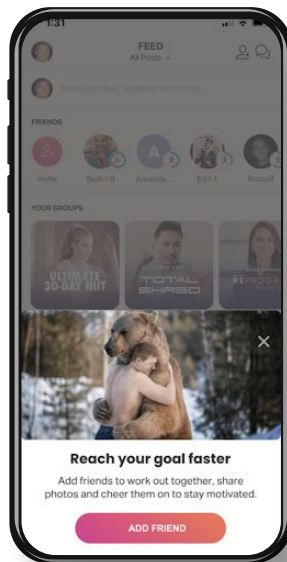
Tailored to You

Fresh, daily content,
Inspiring programs and
advice from experts



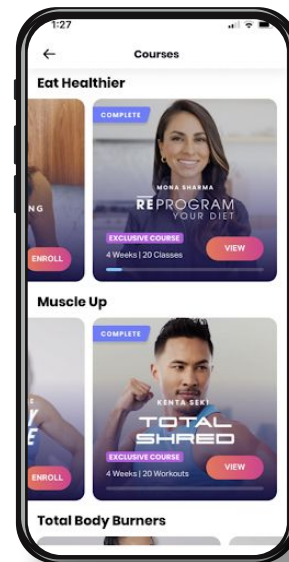
Variety

Popular on demand
workouts, meditations,
yoga, stretch,
& more!



Social

Positive social
reinforcement and
connection with friends
and colleagues

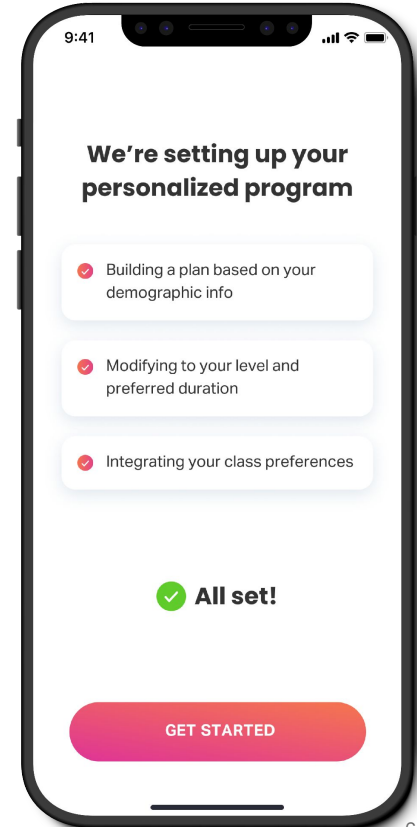
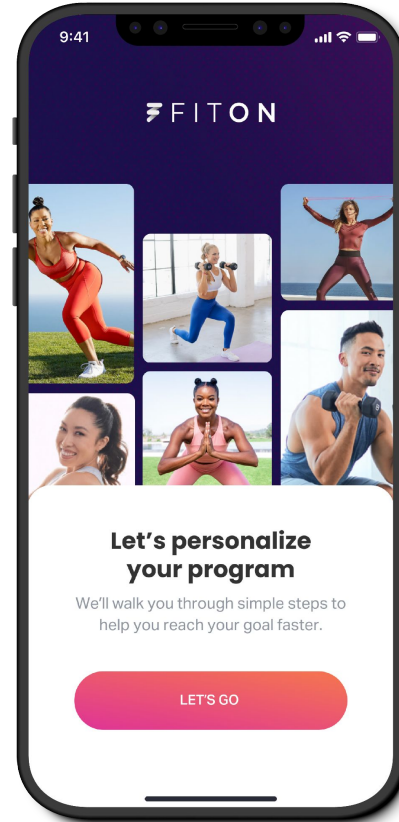


Programs

Multi-week fitness,
nutrition and condition
care courses lead by
authentic experts

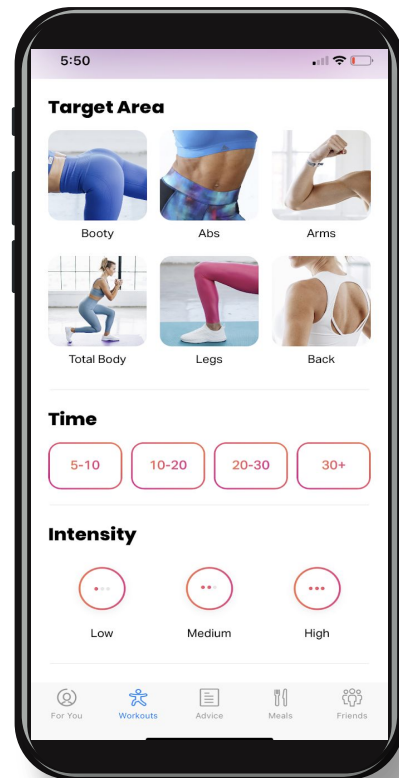
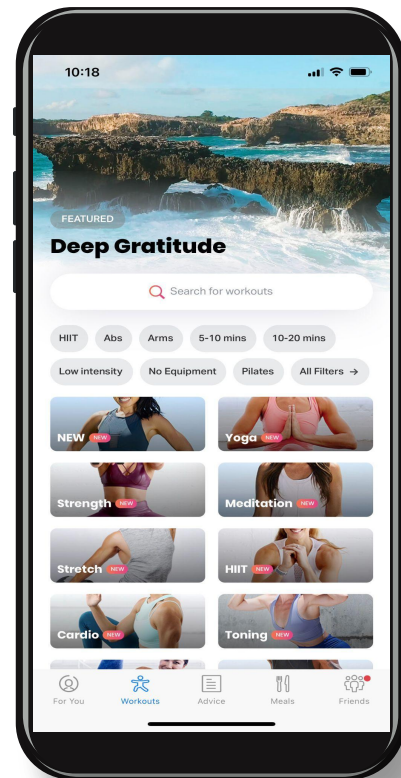
The Experience

- ▶ **What's your goal?**
Choose between lose weight, gain muscle, reduce stress, and more
- ▶ **Choose your level**
Choose between beginner, intermediate, or advanced
- ▶ **How many times per week do you plan to workout?**
- ▶ **How much time do you have to workout?**
- ▶ **Select your favorite type of classes**
Choose between cardio, strength, toning, dance, HIIT, kickboxing, stretch and so much more



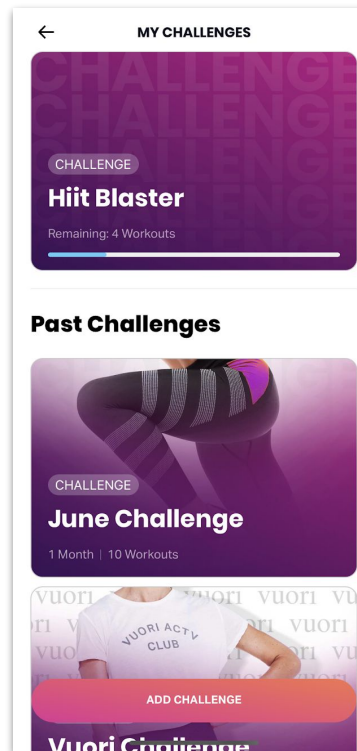
Workouts

- ▶ **Browse by type of class**
- ▶ **Search by target area, time, and intensity**
- ▶ **See trending workouts**
- ▶ **Browse challenges**
Examples: monthly challenges, 10-Day Kickstarter Challenge, 14-Day Meditation Challenge, and so much more!
- ▶ **Explore Experiences**
From Zumba, Stretch Lab, Bob Harper, and beyond
- ▶ **Activate a Daily Fix**
Build a new habit to increase your happiness and energy



Workouts > Challenges

- ▶ Go to **Workouts > Challenges > See All**
- ▶ Tap on the “**Add Challenge**” button at the bottom of the screen
- ▶ **Add** a name, description, photo (optional)
- ▶ **Select** options for the type of challenge you want to create
- ▶ **Select** specific workouts (optional)
- ▶ Finish & **invite your friends to join**



Cancel + Help

Name required

Description required

Private? ☐ yes ☒ no

Select Workouts? ☐ yes ☒ no

Challenge Goal 10 workouts

Set Time Limit? ☒ yes ☐ no

Time Interval Specific Dates

Start Date Today

Duration 4 weeks

☐ 3 days

☒ 4 weeks

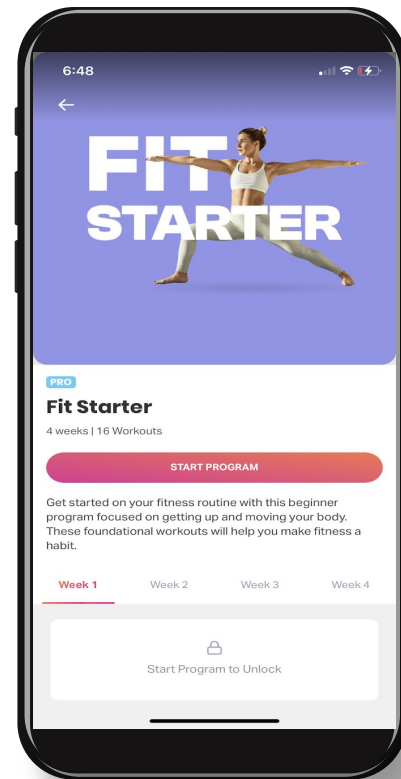
☐ 5 months

FINISH

Programs

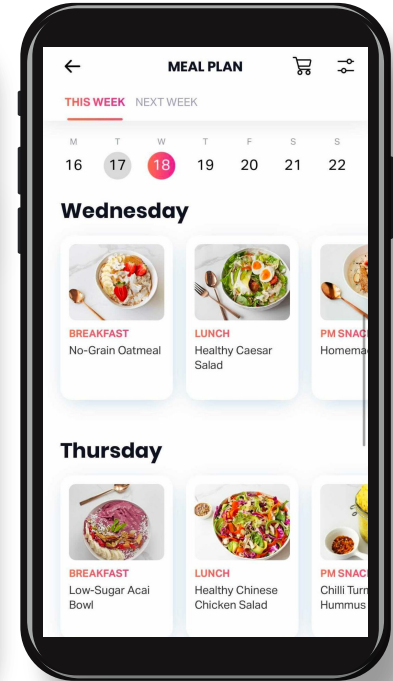
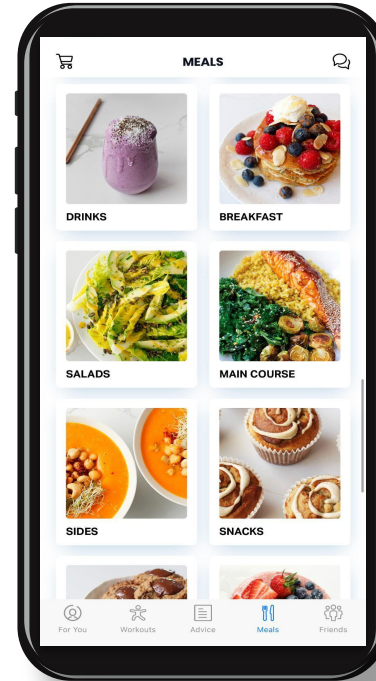
A structure of specific workouts over the period of 4-12 weeks, tailored to your specific goals. Categories include:

- ▶ **Mindful Meditations**
- ▶ **Seasonal Favorites**
- ▶ **Get Toned**
- ▶ **Beginners**
- ▶ **Get Strong**
- ▶ **Stretch and Flow**



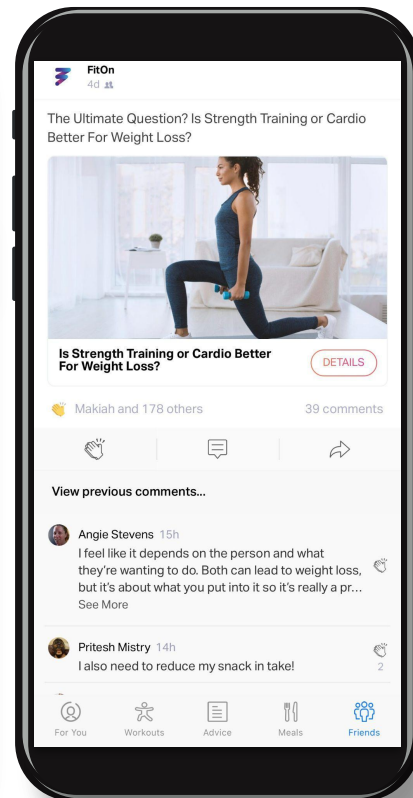
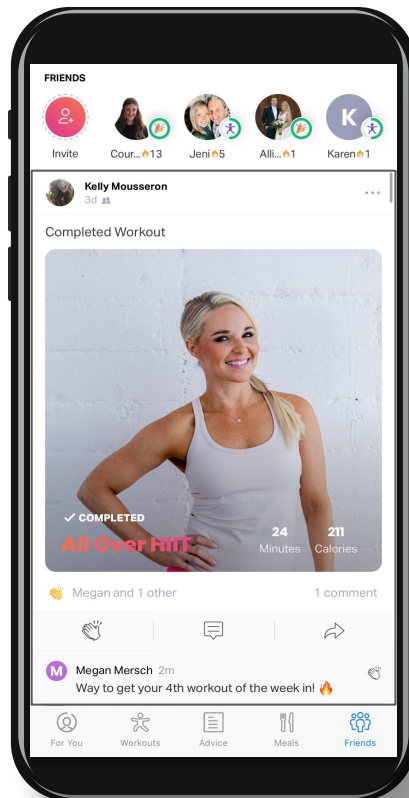
Meal Plans

- ▶ Set your **meal plans** according to your lifestyle and preferences.
- ▶ **View** your selected meals for each day of the week.
- ▶ Use the '**Shopping List**' to know exactly what you need to prepare your meal plan.
- ▶ **Enjoy** your favorite meals!



Social Connection

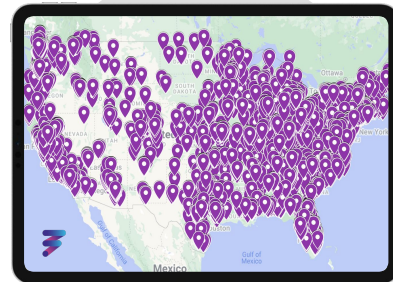
- ▶ **Connect** with friends and coworkers
- ▶ **Cheer on** and celebrate your friends' workout accomplishments through the app
- ▶ Become even more motivated by **friendly competition**
- ▶ **Join and create** FitOn Parties
- ▶ Participate in **employer-led challenges**



In-Person



In-Person Network



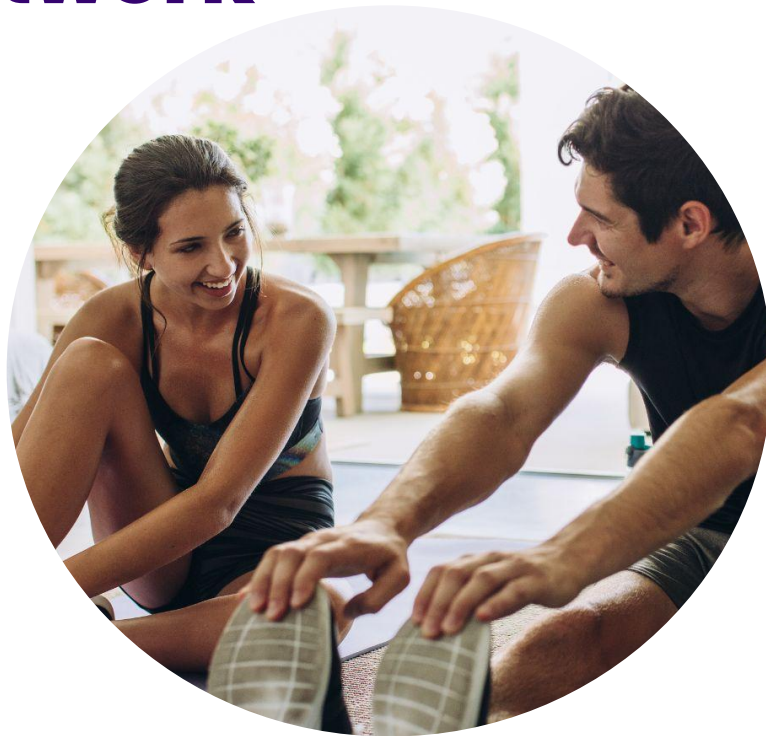
Our national **13,000+** network is consistent of top studios, gyms, and community facilities and growing everyday.

The FitOn Health Network

Our current network has over **13,000+ studios and gyms.**

And our network of facilities is continuously growing. On average we add over 90 facilities per month. Visit fitonhealth.com/in-person to see what's available near you.

If your favorite gym or studio isn't in the network, nominate them to be added: fitonhealth.com/request



What are Credits?

Credits are tokens that can be used for gym memberships, fitness classes, or other services offered by FitOn Health. Credits are paid for by your employer.

The Breakdown on Credits:



Who pays for Credits?

Alex Lee provides you with a set number of credits each month. Credits do not rollover.



Where can they be used?

Use your credits on the FitOn Health website to reserve a fitness experience for any location or activity in the FitOn Health network.



Each month we deposit a set number of credits into your account which you'll use to pay for any fitness experience on our network.

For example:

- 1 class at your local yoga studio might cost 8 credits
- 1 monthly membership at your local gym with unlimited visits might cost 24 credits



When they refill:

You get a new set of credits on the 1st of every month.

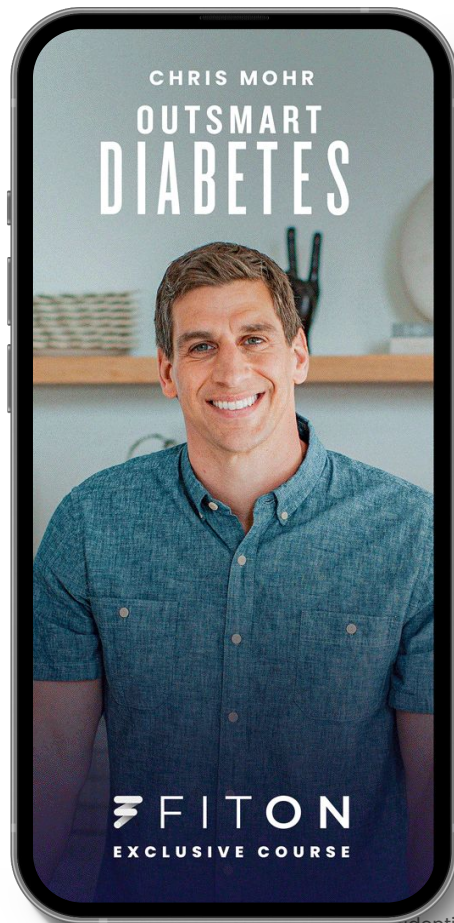
Getting Started



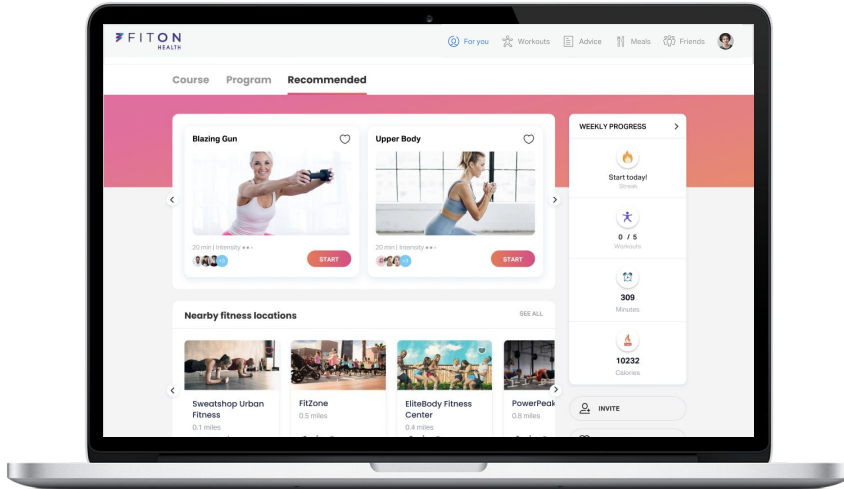
Getting Started

1. Go to: **fitonhealth.com/register**
2. Enter your email & choose a password
3. Verify your eligibility by entering your full legal name, birthday, and zip code.

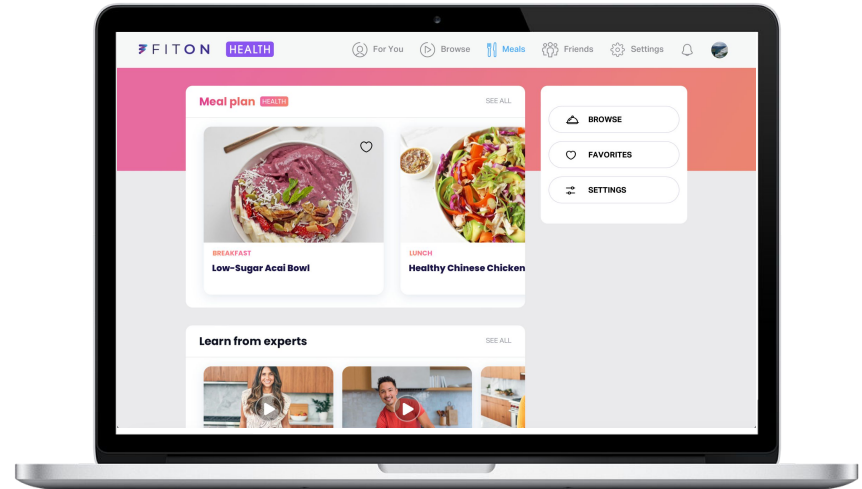
**Note: Your account will become active on the date your eligibility begins.*



FitOn Health Web Experience

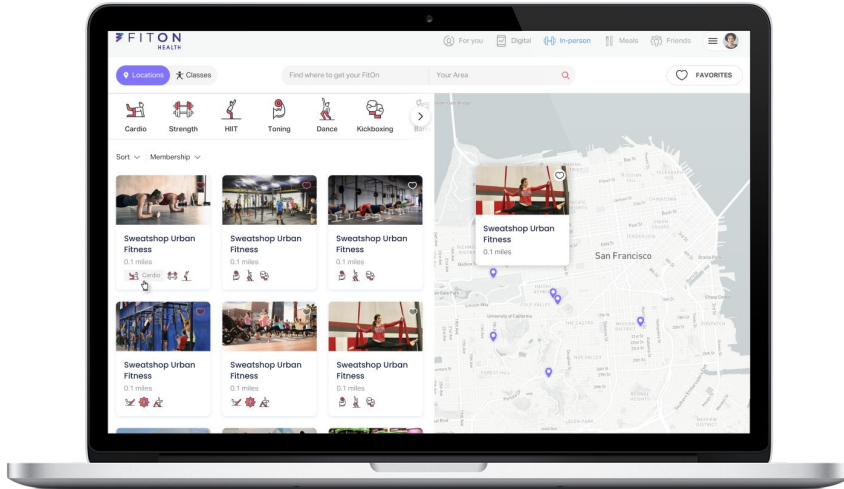


Access digital workouts
from the web

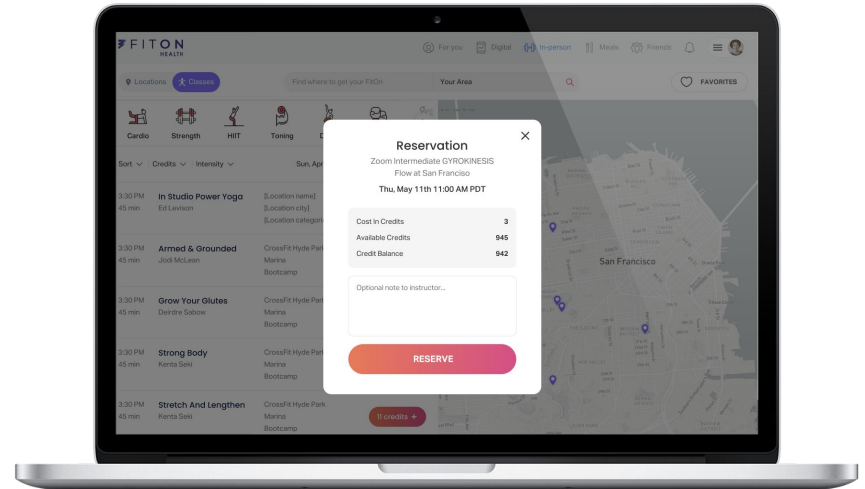


Meal plans, community,
and more!

FitOn Health Web Experience In-Person



Easily search for classes



Reserve with one-click

Answers to FAQs

- ▶ Credits renew on the 1st of the month. Any unused credits expire and will not rollover to the following month.
- ▶ If you run out of credits, you can purchase additional credits on your next transaction with a credit card which will remain on file for future transactions.
- ▶ Credits cannot be transferred or used for other users.
- ▶ FitOn Health has a 12 hour cancellation policy in most cases where reservations must be cancelled in a 12+ hour window to receive a refund of your credits. You'll be notified upon making your reservation if an exception applies.
- ▶ Credits can be used across our nationwide network of facilities.
- ▶ Need more information regarding your eligibility? Contact your HR Benefits Department for assistance.

Questions?

support@fitonhealth.com

fitonhealth.com/help

