



A CORPORATE WELLNESS PROGRAM FOR A HEALTHIER WORKFORCE

Your partner for health

LivFit is a turnkey comprehensive wellness solution that HR Managers can use to help employees make positive lifestyle choices. Exclusively designed for Oman Insurance Company's healthcare members, LivFit empowers individuals to take charge of their physical and mental well-being.

What is LivFit?

It is a free corporate wellness program that comes automatically with our healthcare insurance plans. With LivFit, your employees will get to choose from a variety of programs to help them with their health and fitness goals, including weight management, exercise, stress management and tobacco cessation.

To start the wellness journey, employees will take the online health survey, receive personalized report and discuss their goals with our wellness coach. They can then track their fitness plan via our mobile app, like our facebook page, enjoy free group classes, participate in self-improvement workshops, and get discounts on wellness products.

Key benefits for you

It can be hard for an organization to dedicate time and money to develop an internal wellness program. LivFit will help you overcome this challenge. It gives you all the benefits and none of the hassles.

- **Free for all.** It is automatically included in your healthcare insurance plan.
- **Ready to use.** You only need to communicate it to your employees, we will do the rest.
- **Comprehensive solution.** It includes all aspects to empower employees take charge of their wellness.
- **Easy to access.** All the elements of the program are centralized on www.livfit.ae

**It's time to Take Charge.
Are you ready?**

www.livfit.ae

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LivFit at a glance

KNOW YOUR HEALTH



Health Report

Take the health assessment survey to get your personal report.



Checkups

Prevent illnesses with discounted screenings.

GET INSPIRED



Wellness Coach

Discuss your wellness journey path.



Social Engagement

Follow us, get inspired & share your success.



Wellness Awareness

Visit livfit.ae for articles and tips on health & wellness.



Challenges

Push yourself, compete with peers & have fun.

TAKE CHARGE



LivFit App

Download 'LivFit Wellness' app to track your fitness plan.



Gym Facilities

Take advantage of free trials & discounted gym packages.



Group Classes

Participate in free weekly fitness classes.



Star Program

Lose weight and get part of the cost sponsored.



Tobacco Cessation

Stop smoking... before it's too late.



Stress Management

Attend seminars to cope with pressure & balance your life.

OFFERS & DISCOUNTS



Partner Offers

Enjoy discounts on various wellness products.

ACTIVATE WELLNESS

Visit www.livfit.ae
Download the 'Livfit Wellness' App
Like us on [f/MyLivfitSpace](https://www.facebook.com/MyLivfitSpace)
Follow us on [i/MyLivfitSpace](https://www.instagram.com/MyLivfitSpace)
Participate in Lifestyle Programs
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