



vyg.or.ous strong, healthy,
full of physical and mental energy



Digital Employee Wellness Programs For Improved Employee Engagement And Productivity



www.vygor.health
corporate@vygor.health

Why an Employee Wellness Program?

A **Corporate Wellness Program** can be defined as an “organized, employer sponsored program that is designed to support employees (and, sometimes, their families) as they adopt and sustain behaviors that reduce health risks, improve quality of life, enhance personal effectiveness, and benefit the organization’s bottom line.”

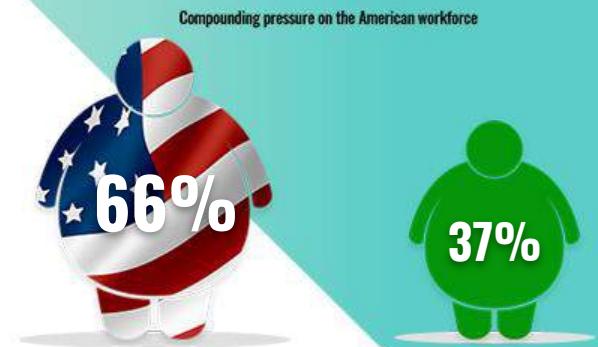
- Harvard Business Review

Workplace Stress:

Surveys prove:



Overweight/ Obesity due to stress:



Source: © 2021 American Psychological Association.

Vygor Synergy™ Digital Employee Wellness Program

Synergy. a whole that is greater than the simple sum of its parts.

Healthy Habits

Habits development and tracking



Virtual Fitness

Yoga, strength, cardio classes & personal trainers.



Programs

Weight Loss & Diabetes Management Programs.



Mental Health

Stress Management, Mindfulness Meditation & Cognitive Behavioural Therapy.



Motivation

Social support & Contests.



Nutrition

Recipes, Meal Plan, AI & Human Coaching.



Benefits of an Employee Wellness Program

For every \$1 invested, medical costs are reduced by **\$3.27** and absenteeism costs are lowered by **-\$2.37**



When Senior Leadership support wellness programs, 91% feel motivated to do their best.

VS

38% without leadership support and motivation.

Source: American Psychological Association

Employee Engagement for employees who use wellness programs jumps to 48% of highly engaged employees

VS

30% for employees who do not use any wellness programs.

Source: Harvard Business Review



To find out how Vygor's Holistic Employee Health and Wellness Program - Synergy™ - can help improve employee productivity, please contact us at:

Vygor Health, Inc.

1692 Coastal Hwy, Lewes, DE

+1 (443) 360-8250

corporate@vygor.health

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