



Vygor AI Wellness Solutions for Employers

- ✓ **Empower your workforce.**
- ✓ **Improve health outcomes.**
- ✓ **Reduce organizational costs.**

The Challenge for Employers

Employers face growing pressure to manage healthcare costs, support workforce wellbeing, and maintain high performance in a competitive labor market.

01

Rising Healthcare and Benefits Costs

Chronic conditions such as obesity, diabetes, cardiovascular disease, and musculoskeletal issues are among the leading drivers of healthcare spending and lost productivity.



Employers spend over \$575 billion annually on poor employee health and absenteeism, with chronic conditions accounting for the majority of costs (CDC).

02

Low Employee Engagement in Wellness

Traditional, one-size-fits-all programs fail to inspire sustained engagement, resulting in minimal participation and little measurable health improvement.

03

Impact on Productivity and Retention

Stress, burnout, and preventable illness contribute to turnover and reduced output.



Wellness programs have been shown to reduce sick days by 25% and increase productivity by 76% (Gtnux, 2024).

Why Partner with Vygor?



Employee Retention Satisfaction

Boost morale, loyalty, and engagement with hyper-personalized, AI-driven wellness support tailored to each employee's goals and lifestyle.

85% of organizations report wellness programs improve retention and reduce recruitment costs (HR Executive, 2024).



Scalable and Flexible

A turnkey platform that integrates seamlessly with existing HR and benefits systems—ideal for organizations of any size or industry.



Turnkey and Fast to Implement

Deploy quickly with minimal IT lift. Vygor integrates with corporate wellness benefits and employee engagement platforms.

The Future of Workplace Wellness

Human Motivation, AI Hyper-personalization, and Measurable ROI

Vygor combines **human motivation science** with **AI-driven personalization** to transform workforce wellness outcomes—delivering both measurable health improvements and financial returns.

Tap into Human Motivation

Vygor applies Cognitive Behavioral Therapy (CBT) principles such as goal setting, self-monitoring, and social reinforcement to drive sustainable behavior change. Gamified challenges, team competitions, and social leaderboards foster accountability and a positive wellness culture.

Employees can create and join weight loss contests for healthy competition and social engagement.

i Companies that embed motivation-based wellness strategies report **ROI between \$3 and \$6 for every \$1 invested** (CDC & Harvard meta-analysis).



Hyper-personalize with AI

Vygor's AI-native system tailors the experience to every employee:

AI Dietitian

Acts as a digital Registered Dietitian, delivering weekly personalized meal plans aligned with health goals and dietary needs.



AI Macro Tracker

Log meals effortlessly using photos or barcode scans for precise macro and calorie tracking.

AI Wellness Coach (for providers)

Offers personalized support for mental wellbeing—mindfulness prompts, habit reinforcement, and resilience training.



AI Physical Trainer

Builds customized exercise plans based on individual preferences, available equipment, and fitness level.

Proven ROI and Measurable Impact

Corporate wellness programs are no longer just “nice to have”—they’re proven economic drivers:

Outcome	Impact	Source
ROI on wellness investment	Average \$3.27 returned for every \$1 spent	Gitnux, 2024
Healthcare cost reduction	91% of HR leaders report lower benefit costs	Wellhub, 2024
Reduced absenteeism	25% fewer sick days	Gitnux, 2024
Productivity boost	76% of employees report improved performance	Gitnux, 2024
Positive ROI prevalence	95% of companies report ROI-positive wellness programs	Wellhub, 2024
Benefit-to-cost ratio range	\$3–\$6 per \$1 invested	CDC / Harvard meta-analysis

 Companies with strong wellness programs outperform peers in engagement, retention, and healthcare savings within 2–5 years.

Benefits for Employers



Personalized Wellness at Scale

AI-driven guidance adapts to every employee's goals and health profile.



Preventive Health Focus

Reduces chronic disease risk before conditions escalate—lowering claims and absenteeism.



Engagement that Lasts

Gamification, contests, and real-time progress tracking drive sustained participation.



Better Outcomes, Lower Costs

Preventive wellness and early intervention reduce the total cost of care while enhancing workforce productivity.

Transform Your Workplace with Vygor

Enhance employee engagement. Improve wellness outcomes. Control healthcare costs.

Join leading employers building a healthier, more productive workforce.

 **Contact us:** partners@vygor.health

 **Learn more:** www.vygor.health

References

1. Wellhub (formerly Gympass) – 2024 Return on Wellbeing Survey

“95% of companies that track ROI on wellness see positive returns; 91% report reduced healthcare costs.”

[Spa Business – Wellhub study reveals strong ROI for corporate wellness programs](#)

2. Gitnux Market Data – Corporate Wellness Statistics (2024)

“Companies with comprehensive wellness programs see an average ROI of **\$3.27 for every \$1 invested.**”

“Employers with wellness programs experience **25% fewer sick days.**”

“**76% of employees** report increased productivity due to wellness programs.”

[Gitnux – Corporate Wellness Statistics \(2024\)](#)

3. CDC & Harvard Meta-Analysis – Worksite Wellness ROI Studies

“Worksite wellness programs can yield between \$3 and \$6 in benefit for every \$1 invested, through reduced absenteeism and healthcare savings.”

[Centers for Disease Control and Prevention \(CDC\) – Workplace Health Promotion](#)

See also: Baicker, Cutler & Song, Health Affairs (2010), “Workplace Wellness Programs Can Generate Savings.”

4. HR Executive – ROI of Wellbeing Report (2024)

“85% of organizations credit wellness programs with reducing recruitment and sick-day costs.”

[HR Executive – The ROI of Wellbeing](#)

5. CDC – Chronic Disease Cost Data

“Employers lose over \$575 billion annually due to absenteeism, lost productivity, and chronic conditions.”

[CDC – Chronic Disease and Worker Productivity](#)

6. Macorva (2025 Update)

“Case studies show up to 6:1 ROI combining healthcare savings and productivity gains.”

[Macorva – Evaluating ROI for Employee Wellness Programs \(2025\)](#)