



DIGITAL PERSONAL TRAINING FOR GLOBAL EMPLOYERS

Deliver customised fitness programmes to your employees

The demand for wellbeing is going up as more and more people are looking to take fitness home whilst they balance their day-to-day lives. Employers have realised an increase in participation in wellbeing activities after providing virtual solutions to remote workers who formerly had access to on-site services.¹

Optum partnered with Volt Athletics, a sophisticated exercise training app that meets employees where they are. It provides workouts that can be done anywhere, making it ideal for remote populations or facilities without a fitness center.

The Volt app supplements your existing wellbeing solutions and is available for your whole employee population or a select population. Powered by Cortex™, the world's first fitness training AI, the Volt app builds, tracks, adapts and evolves each user's plan providing personalised training for each exercise.

The Volt app can be used anywhere, anytime and provides users:

- ▶ 3,000+ bodyweight and weighted exercises
- ▶ A personalised workout plan for home, gym or travel
- ▶ Recommended progressions based on strength levels
- ▶ Training support for endurance events



5 in 6 companies have changed their health and wellness strategy in light of the COVID-19 pandemic.²

Nearly 50% have added virtual fitness classes.³

Optum professionals use Volt to enhance the employee experience, and can:

- ▶ Leverage the programme to design, modify and customise unique to an employee's goals
- ▶ Provide resources — articles, videos and in-depth research — relevant to each employee's needs
- ▶ Track user activity to monitor programme progress for each individual and help keep employees motivated and engaged

VOLT+

With Volt and support from a dedicated Optum professional, employees receive adjusted exercise routines based on their needs and goals. Our professionals take time to optimise the Volt experience to provide employees a unique and personalised fitness training experience, regardless of where they're located. **We call this Volt+.**

Sources:

1. Institute for Employment Studies (IES). IES working at home wellbeing survey: Interim findings. employment-studies.co.uk/resource/ies-working-home-wellbeing-survey. April 2020. Accessed May 10, 2020.
2. 2020 International Wellness in the Workplace.
3. Ibid.
4. Volt two-year pilot program with a Fortune 500 company.

Volt content contains individuals and attire considered culturally acceptable in the United States.

This programme is voluntary. The digital personal training platform is not a substitute for your doctor's care. Consult your physician before beginning an exercise programme or making major changes in your diet or health care regimen.



Volt results⁴

EMPLOYEE ENGAGEMENT

84%

of eligible population enrolled and active

PROGRAMME UTILISATION

+368%

increase in employee engagement in company-provided fitness offerings



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