



ON-DEMAND ACCESS TO EXERCISE FOR GLOBAL EMPLOYERS

Bring workouts to your employees — anytime, anywhere

The way people exercise is evolving, especially as they start to feel the impact of working remotely. Employers have reported a 70% increase in participation in wellbeing activities after providing virtual solutions to remote workers who formerly had access to on-site services¹.

Optum partnered with Daily Burn[®], a live and on-demand streaming fitness platform. This unique and innovative experience meets employees where they are, regardless of experience level or programme type.

Unique and innovative experience

With Daily Burn[®], equipment is not required, so employees are able to get started immediately without a high additional cost or long-term commitment. Employees have access to:

- ▶ 1,400+ fitness classes
- ▶ A new live workout class every day
- ▶ Equipment-free exercises
- ▶ Workouts delivered by well-known celebrities
- ▶ Video and audio-only workouts
- ▶ A personalised dashboard



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

Nearly 50% have added virtual fitness classes.³

Wide-ranging model

Daily Burn® complements our Optum philosophy of meeting people where they are, whether that be based on programme type, experience level or life-cycle stage. Programme examples include:

- ▶ True Beginner
- ▶ Fit Family
- ▶ Yoga for Mobility and Flexibility
- ▶ Spartan
- ▶ OX Black Fire
- ▶ Beautiful Belly
- ▶ Barre Harmony
- ▶ Yoga Made Simple

Daily Burn On-site

Daily Burn® On-site makes streaming at the worksite possible. From the fitness center to the conference room, or anywhere in between, employees will have access to **more than 1,400+ video and audio-only workout programmes**. Further enhancing the experience, users will can access a dashboard where they can set goals, track progress, schedule sessions and save workouts.

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. Optum 2020 International Wellness in the Workplace Benchmark Study.
3. Ibid.

Daily Burn is available internationally in all markets except Russia, Mainland China, and North Korea, with the following considerations:

- Daily Burn Anywhere is only available in English.
- Daily Burn Anywhere content contains individuals and attire considered culturally acceptable in the United States.

This programme is voluntary. The on-demand streaming fitness 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.



Stream a variety of content from a **TV, laptop or mobile device** at work or at home.



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