



A corporate
wellness program
for a healthier
workforce





It's
time to **TAKE**
CHARGE

YOUR PARTNER FOR HEALTH

Sukoon Insurance PJSC (hereinafter referred to as "Sukoon") has dedicated itself to providing quality healthcare solutions to your workforce. In pursuit of broadening our healthcare solutions from protection to prevention, we have developed a wellness program to keep your employees healthy and happy.

Common chronic conditions like back pain, depression, diabetes and obesity account for a large percentage of all health insurance costs. These illnesses also directly impact the productivity of your company through increased sick days, healthcare costs, absenteeism, and poor morale. However, many of these conditions are preventable with proper nutrition, exercise and simple lifestyle changes.

In line with the country's vision to enhance employee health, productivity and happiness, LivFit is a free turnkey comprehensive wellness solution that HR Managers can easily roll out to help employees make positive lifestyle choices. Exclusively designed for Sukoon's healthcare members, LivFit empowers individuals to take charge of their physical and mental wellbeing to live a life that is healthy, happy and fit.

Your employees can choose from a variety of programs to help them with their health and fitness goals, including weight management, nutrition, exercise, tobacco cessation and stress management. Active participation of employees in LivFit can result in better attendance, increased productivity and decreased turnover.

**A company's success depends on the health
and productivity of its workforce**



OUR HEALTHCARE INSURANCE ADVANTAGE

Wellness programs can help businesses reduce healthcare costs and improve productivity by creating a healthier, happier workforce. However, it is difficult for Human Resources Managers to dedicate time and money to develop an internal wellness program whilst taking care of their multiple tasks – recruitment, payroll, retention, succession planning, employee engagement, healthcare benefits, and more.

To help you overcome this challenge, Sukoon's healthcare plans now include a free comprehensive corporate wellness program. With LivFit, you get all the benefits of a state of the art solution and none of the hassles.

A free comprehensive turnkey solution easily accessible by employees to enjoy a healthy life

Free program

Promoting wellness, reducing risk factors and preventing illness in your organization require investments and often management doesn't want to pay for them.

LivFit is totally free for your organization. No fine print. No hidden charges. The health of your employees - our members - is important to us. We want to help them take the necessary, and often difficult, steps to change towards a healthier life.

Turnkey solution

Wellness programs can be difficult to implement, especially with scarce resources. This is why we did the research, talked to doctors and used best practices to set up a program that you can use immediately. You can implement your wellness corporate program based on LivFit. All you need to do is communicate and promote the program internally. We will take care of the rest.

Comprehensive approach

LivFit will support your employees in the most important health areas being physical activities, nutrition, weight loss, tobacco cessation and stress management. LivFit offers you exciting ways to engage your employees in their wellness journey through health assessments, wellness coaches, a mobile app, group classes, gym facilities, lifestyle workshops and a lot more. It is the most comprehensive wellness solution that you can use to help employees make positive lifestyle choices.

Easily accessible

To promote 'a healthy mind in a healthy body', we made the program simple, practical and easily accessible. Everything is centralized at livfit.ae. Members can take their Health Assessment online, talk to the Wellness Coaches over the phone, use the App to track their fitness program, reach out to the Gyms directly for discounts and get inspired on Facebook and Instagram. The hardest part is... taking the first step toward positive lifestyle.

Boost performance

Companies that have worksite wellness programs have a more productive workforce. Once you implement LivFit, it should:

- Increase productivity, job performance and employee morale.
- Decrease absenteeism, employee turnover and healthcare costs.

Going further

To be effective, wellness needs to be in your company's goals and objectives. You need to ensure that both leadership and the workplace environment provide support for healthy choices. If you want to create a specific program for your employees, transform a meeting room into a gym or deliver complete solutions, our partner Technogym can help you create tailor made solutions and services.

Companies that have worksite wellness programs have a more productive workforce



A comprehensive wellness program for personal change

Your employees' wellness journey will start with a simple online assessment questionnaire, receiving a personalized health report and discussing their health goals with our wellness coach. Following the conversation, they can track their fitness plan via our mobile app, get inspired with our Facebook posts, enjoy free group classes, participate in self-improvement workshops or weight loss program, and get discounts on a variety of wellness products. LivFit is all this and more!

LIVFIT AT A GLANCE

KNOW OUR 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 BuzzFit 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 offers.

KNOW YOUR HEALTH



Health Report

To start the wellness journey, your employees will take a simple Health Assessment questionnaire to examine their overall health and wellbeing. The user-friendly survey can be completed online with a computer, tablet or smartphone in less than 10 minutes.

Following the survey, they will immediately receive a personalized Health Report describing what they are doing well, their overall score, a summary of health risks and areas of improvement. It includes the following sections:

- Wellness Overview
- Coronary Risk
- Cancer Risk
- Diabetes Risk
- Nutrition
- Fitness
- Weight
- Inner Well-Being

The comprehensive report explains in simple ways how healthy habits can be incorporated into a person's daily routine. Participants can print the report or retrieve it from 'My Fit Space' on livfit.ae. The assessment is based on guidelines and research published in peer-reviewed medical journals and from leading health organization recommendations.



Checkups

Screening for early detection can help your employees prevent illnesses before they grow into life threatening diseases. This is why we have negotiated general and disease specific screening packages for them at exclusive prices.

With a medical blood test, our General Health Checkup screens the most vital organs: heart, liver and kidney. It also measures key indicators like blood sugar, cholesterol and blood pressure. The package includes a doctor consultation to help understand and interpret the results.

The Disease Specific Checkup is for people who need particular screenings. It includes checkups for prostate cancer, breast cancer, cervix cancer and cardiac assessment.

Help employees be proactive about their healthcare

GET INSPIRED



Wellness Coach

Passionate and experienced, our LivFit Wellness Coaches are here to support your employees reduce their health risks and motivate them to make lasting lifestyle changes.

Once participants complete the online assessment, a Wellness Coach will call them to discuss their Health Report and help identify potentially risky behaviors. The Coach will work together with participants to create a personalized action plan with incremental and attainable objectives.

Some of the most common topics Wellness Coaches help to address via our various lifestyle programs include:

- Fitness and exercise
- Healthy eating
- Weight management
- Smoking cessation
- Stress management

If a participant needs more exercise, the Wellness Coach will design a unique fitness program. It can be stretching exercises, easy walking or a body strengthening routine, depending on what is most suited to your employee's goals and condition. The program is directly accessible from our 'LivFit Wellness' App with 'how to' videos for guidance through the workout.

All our Wellness Coaches are members of the Register of Exercise Professionals. It is an independent, public register that recognizes the qualifications and expertise of fitness professionals in the UAE.

Participants who need fitness guidance can reach our Coaches anytime during working hours Monday to Friday 9 am to 6 pm. Our Coaches speak English and Arabic.



Social Engagement

Through interesting fitness tips, nutrition advice and inspirational testimonials, our Facebook and Instagram pages - MyLivfitSpace - are designed to inspire your employees adopt a healthy lifestyle and make changes where necessary. We hope one of these posts will hit them the right way and trigger the change they know they need to make!



Wellness Awareness

BuzzFit section at livfit.ae is our content repository to increase employee's wellness awareness. It provides educational information and encourages healthy living to support the overall health of individuals and their productivity. Your employees can read interesting articles on wellness and learn about various health issues with simple fact sheets. The more they know, the more they can make informed decisions about their health.



Challenges

We organize fun corporate challenges across companies to promote physical activity and encourage healthy behavior. Your employees can create teams with colleagues and friends, compete with other departments and with other companies. These challenges will stimulate your staff, create engagement and boost team building. The 'LivFit Wellness' app will enable participants to keep track of their progress, see who is leading the charts and keep them motivated.

Increase energy and vitality in the workplace



TAKE CHARGE



LivFit App

The 'LivFit Wellness' app is exclusively designed for Sukoon's healthcare members to get the most of the LivFit Wellness program experience. The easy-to-use app allows your employees to follow their personal fitness plans created by our Wellness Coaches. Moreover, they can track their moves, seamlessly sync data from other applications, receive weekly status emails and compare their progress with friends or colleagues to keep them going.



Gym Facilities

We have partnered with some of the best gyms in the UAE and negotiated discounts and free trials for your employees. There are various gyms to choose from including SMART Fitness, Circuit Factory, Fitness 360, Pharaohs' Club, FitLab, and more. As long as your employees do regular physical activity, their stamina and energy will go up. This results in increased energy and vitality in the workplace.



Group Classes

We offer your employees free group classes every Saturday in various gym facilities. They can choose from yoga, pilates, circuit training or try them all! They simply register by calling the gym directly to enjoy the workout and get fit. Group exercises are known to reduce tension, cultivate an optimistic attitude and develop team-building mentality.



Star Program

For your employees committed to losing weight, we have created the Star program. Obesity, known as the gateway to other chronic illnesses, is a growing problem in the workplace. A primary benefit of reducing obesity in the workplace is lowering chronic illness risk such as heart disease, stroke and diabetes.

If employees above a BMI of 29 want to reduce their weight, we are ready to sponsor part of their program cost. We will reimburse 50% of the cost if members attend 90% of the classes and 80% if they reach their goals.

We have teamed up with Circuit Factory and Smart Fitness for the quality of their weight loss program, their expertise in nutrition and the dedication of their trainers. The intensive training involves exercise, nutrition and expert supervision to lose fat and increase muscle mass within a one or two month period.



Stress Management

Employees in today's global economy are under great pressure to perform well and to meet high expectations under ever changing circumstances. While a little stress can be good, tension, anxiety and constant strain can put your employee's wellbeing at risk. This strain can create a corporate environment in which stress-related challenges ultimately diminish the potential that can be achieved by employees.

LivFit has partnered with professional counselors to offer members a free stress management workshop every month. Using proven techniques, this empowering program will help them take charge of their thoughts, emotions and attitude to cope better with everyday pressure, enjoy a harmonious life and be more productive at work.



Tobacco Cessation

LivFit tobacco cessation program uses an evidence-based combination of physical, psychological and behavioral strategies to help individuals overcome their addiction to tobacco.

OFFERS AND DISCOUNTS



Partner Offers

We have partnered with various hospitals, pharmacies, and third parties to help employees enjoy discounts on a complete range of health and wellness solutions including medical consultations, alternative medicine, checkups, fitness equipment and personal care products. This gives LivFit members more cost-saving opportunities on healthcare products.

Lifestyle programs keep your employees healthy

ACTIVATE WELLNESS

Visit	www.livfit.ae
Take the	online Health Assessment
Talk to our	Wellness Coach
Download the	'Livfit Wellness' App
Like us	/MyLivfitSpace
Participate in	Lifestyle Programs
Email us	info@livfit.ae
Call	04 230 2737

This document is for general information purpose. Various features, benefits, offers stated herein may or may not be applicable or offered to you. Please read, understand and agree to the detailed terms and conditions of the program available on www.livfit.ae



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Stay inspired. [f /MyLivFitSpace](#)

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