



# 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.

The way people exercise is evolving, especially as workers increasingly work in a hybrid environment. Employers report 60% of employees work both in the office and remotely.<sup>1</sup>

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 centre.

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



## 3 in 4

companies have changed their health and wellness strategy in light of the COVID-19 pandemic.<sup>2</sup>

## Over 40%

of companies are considering adding virtual fitness classes.<sup>3</sup>

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

- Leverage the programme to design, modify and customise to meet 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+.

### Volt results<sup>4</sup>

Employee engagement

# 84%

of eligible population enrolled and active

### Programme utilisation

# +368%

increase in employee engagement in company-provided fitness offerings

Learn how Optum can help you engage your employees and provide a fun and easy-to-use digital fitness experience.



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1. Optum 2022 International Wellness in the Workplace Benchmark Study.
2. Optum 2021 International Wellness in the Workplace Benchmark Study.
3. 2022 International Wellness in the Workplace Benchmark Study.
4. Volt two-year pilot programme 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 a doctor's care. Consult a physician before beginning an exercise programme or making major changes in a diet or health care regimen.

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