



## 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% (Gitnux, 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.

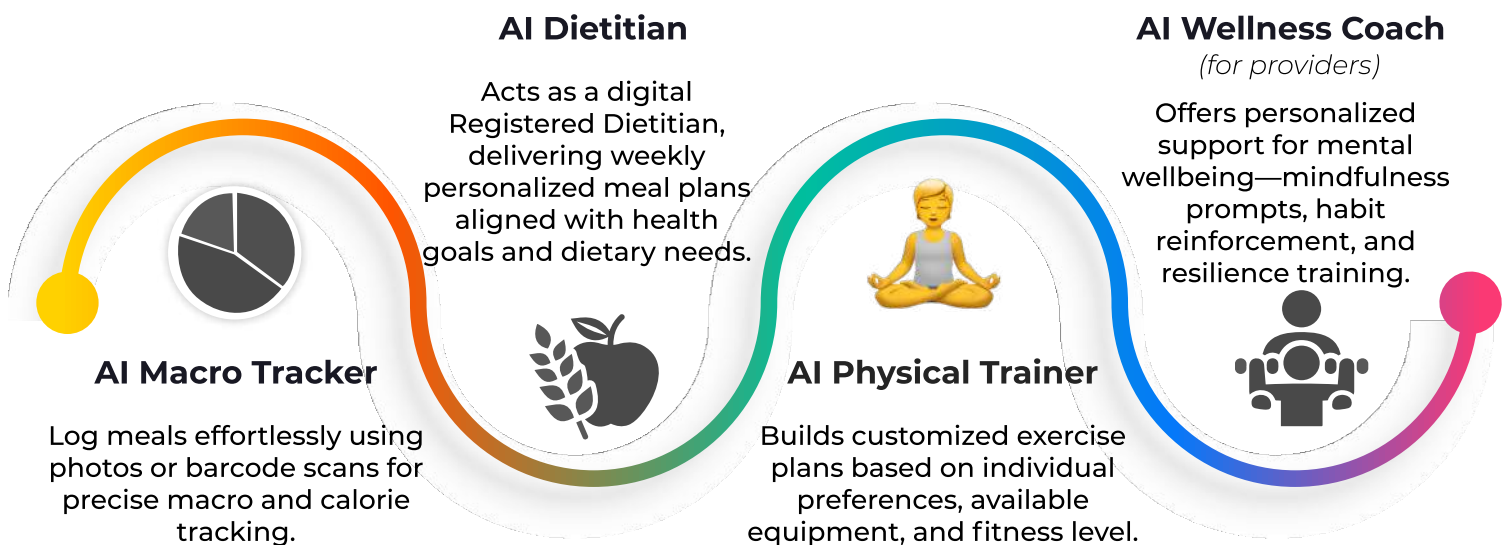
Employees can create and join weight loss contests for healthy competition and social engagement.

 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:



# 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](mailto:partners@vygor.health)

 **Learn more:** [www.vygor.health](http://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 \(2025\)](#)