

EMPOWERING WOMEN'S HEALTH

A BENEFITS CHECKLIST FOR HEALTH PLANS & EMPLOYERS

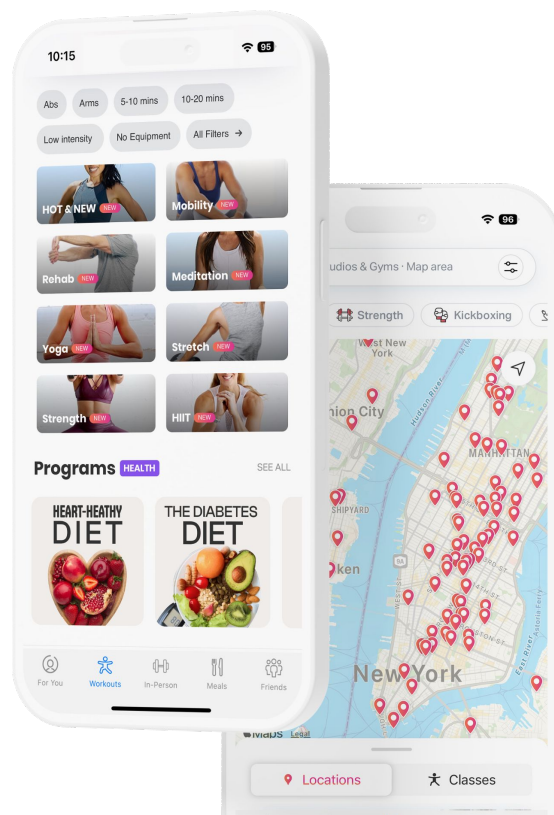


WHY INVEST IN WOMEN'S WELLNESS BENEFITS?

Women's health is a critical component of workforce well-being and healthcare outcomes. Offering comprehensive, customizable benefits tailored to women's unique health needs improves engagement, retention, and productivity. This guide provides actionable steps for health plans and employers to enhance their women's health benefits, including FitOn Health's proven solutions.

KEY BENEFITS:

- ✓ **HIGHER ENGAGEMENT:** Women are more likely to engage in wellness programs when they address their specific needs.
- ✓ **IMPROVED PRODUCTIVITY:** Reducing stress-related absenteeism leads to stronger workforce performance.
- ✓ **BETTER HEALTH OUTCOMES:** Personalized fitness, nutrition, and mindfulness support results in improved well-being.
- ✓ **COST SAVINGS:** Preventative care and wellness programs reduce long-term healthcare costs.



CHECKLIST FOR DECISION-MAKERS

1. ASSESS YOUR CURRENT WOMEN'S HEALTH BENEFITS

- Do your current wellness programs include women-focused fitness, mental health, and nutrition support?
- Are you offering personalized health solutions that adapt to individual needs?
- Have you measured engagement and outcomes for female employees or members?

2. ENHANCE FITNESS & WELLNESS OFFERINGS

- Provide on-demand workouts and in-person fitness experiences tailored for women's health needs (e.g., prenatal/postnatal fitness, strength training, yoga, stress relief).
- Integrate mindfulness programs to reduce stress-related burnout and absenteeism.
- Offer nutrition guidance designed for women's unique health concerns (e.g., hormone balance, metabolic health).

3. IMPROVE ACCESSIBILITY & ENGAGEMENT

- Ensure benefits are mobile-friendly and accessible for busy, on-the-go lifestyles.
- Incorporate gamification, challenges, and incentives to boost participation.
- Offer multi-generational support, from maternal health to menopause and beyond.

4. LEVERAGE DATA & PERSONALIZATION

- Use real-time insights to track engagement and outcomes for female members.
- Provide customized health recommendations for each employee or plan member.
- Partner with FitOn Health to deliver scalable, digital-first wellness programs.

CHECKLIST FOR DECISION-MAKERS

5. PROMOTE & COMMUNICATE EFFECTIVELY

- Educate employees/members on how to access and use women's health benefits.
- Align messaging with key health observances (e.g., Women's Health Month, Mental Health Awareness).
- Encourage leadership and internal advocates to promote engagement.

WHY FITON HEALTH?

- ✓ **Engagement-Driven:** Proven to increase participation in corporate wellness programs.
- ✓ **Comprehensive & Holistic:** Fitness, mindfulness, and nutrition all in one platform.
- ✓ **Scalable for Any Organization:** Custom solutions for employers, health plans, and Medicare.
- ✓ **Data-Backed Results:** Real-world success in improving health outcomes.



Ready to enhance your women's health benefits? Contact us today to customize a wellness solution for your organization.

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