

# FITON

With more than 10+ million registered users and 3+ million monthly active users, FitOn is one of the world's largest health and fitness platforms.

### And now, FitOn is included with Gravie health plans!

Members 18 years of age and over get unlimited access to virtual cardio, HIIT, yoga, pilates, meditation, dance, and barre classes, as well as nutrition guides, meal plans, and fitness courses and challenges from FitOn, an industry-leading fitness app.

Members can work out with some of their favorite celebrities and fitness brands including Halle Berry, Jonathan Van Ness, Orangetheory Fitness,<sup>®</sup> Zumba,<sup>®</sup> and more!

## FitOn Features

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- 30,000+ live and on-demand virtual fitness and wellbeing classes
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- Nutrition recipes and meal plans



- Courses and challenges
- Ability to invite and work out with friends and co-workers



Virtual fitness is included with all Gravie health plans at no additional cost. For a fee, employers have the option to add in-person fitness credits to further support the health and wellness of their employees.

Virtual fitness through FitOn:

No Cost!

Typically retails for \$29.99 per member per year.

#### **In-person fitness**

#### Buy-up option

Employers have the option to add 6, 10, or 15 in-person fitness credits per employee per month (PEPM) for a fee.

Cost PEPM	# of credits per month
\$1.75	6
\$2.75	10
\$3.75	15

Each credit is worth \$3.50 in redemption value. Members have access to a monthly value of **\$21/\$35/\$52.50**.



#### How it works

Carson uses 4 credits, with a total value of \$14, to take a studio class at CrossFit Manvel in Houston, Texas.

Gravie's partnership with FitOn provides an innovative fitness benefit, offering a variety of experiences that cater to all fitness levels, while focusing on transforming behaviors by driving higher engagement and long-lasting healthy changes. Employers can expect to:

- Enhance productivity
- Attract and retain top talent
- Manage costs
- Improve quality of life for employees

Members subscribe and sign in at: fitonhealth.com/gravie FitOn's current network includes 12,700+ top studios and gyms nationwide

Explore participating studios

**Preferred gym not in network?** Members can nominate their studio.

