

# VSP GetFIT Program®

Wellness programs are a good way to lower healthcare costs, but they can be expensive and time-consuming. The VSP GetFIT Program is a complimentary turnkey wellness program that's easy and effective.



## Why wellness?

When your employees are healthier, your company's overall productivity improves and your healthcare costs decrease.

**1 out of 5**

employees have had a health issue affecting their ability to work<sup>1</sup>

**73%**

higher cost of missed workdays for those with diabetes<sup>2</sup>

**\$245 Billion**

total in medical costs and reduced productivity for diabetes<sup>3</sup>

AN EFFECTIVE  
WELLNESS  
PROGRAM CAN  
**REDUCE  
MEDICAL  
COSTS 26%**

## Simple. Effective. Complimentary.

This no-cost wellness program and your VSP® Vision Care coverage work together to improve productivity and lower healthcare costs.



Easy  
for You

- Available as a single wellness program or enhances your existing program
- Included as part of your VSP coverage
- For all employees, including non-VSP members
- Customizable engagement tools



Simple for  
Employees

- Benefits employees of all health and fitness levels
- Easy-to-use tools
- Interactive activity tracking log
- Interactive nutrition journal
- Health inspirations and tips

Go to [vsp.com/getfit](http://vsp.com/getfit) to see how easy it is to bring wellness to the workplace.

1. CDC <http://www.cdc.gov/physicalactivity/everyone/health/index.html> 2. Quantifying the Incremental and Aggregate Cost of Missed Workdays in Adults with Diabetes, Journal of General Internal Medicine, May 2015. 3. National Diabetes Statistics Report, 2014, American Diabetes Association.