

# 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>

**8x more**  
spent by employers on individuals with chronic diseases than healthy individuals.<sup>2</sup>

**\$327 Billion**  
The estimated total costs of diagnosed diabetes in the U.S.<sup>3</sup>

**vsp**  
vision care

## 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 inspiration and tips

Go to **vsp.com/getfit** to see how easy it is to bring wellness to the workplace.

**see well.  
be well.**

1. CDC <http://www.cdc.gov/physicalactivity/everyone/health/index.html> 2. Medical cost trend: Behind the numbers 2020, PwC Health Research Institute, June 2019

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