

Are you searching for a comprehensive, whole-person health and well-being platform that can be customized to fit your needs?

Well look no further...



Flexible, Scalable, Customizable, Robust Yet Simple... we grow with you!

3Fitt is a whole-person well-being platform designed to be customizable, using your brand, to make it your own

How we help:

- Employee health and well-being
- Diabetes and chronic condition management
- Social, emotional, and mental well-being
- Financial wellness

Take well-being to the next level.
Let us help.



3Fitt.com



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3Fitt is a simple and effective health and well-being platform that is designed with flexibility in mind. Our digital and mobile platform provides extensive tools and resources designed to strengthen health and well-being while cultivating culture - your culture - which is why it is flexible, customizable, and branded with your name, logo, and graphics to make it truly your own.

THE POWER OF 3



3Fitt is built upon 3 pillars for success – The Power of 3 – to provide clarity and simplicity around what matters most. We break well-being into 3 pillars for one simple reason: the human brain finds it easier to grasp information in threes better than any other number, hence the Latin phrase *Omne Trium Perfectum*: everything that is three is perfect, or every set of three is complete.

The 3 pillars for successful whole-person well-being are: fitness, family, and finance. The Power of 3 approach allows employees to more easily integrate healthy habits into their lives, which leads to long-term health. 3Fitt reinforces each pillar with powerful tools and resources to support long-term health and well-being.

FITNESS

Encourage your employees to make—and keep—**healthy fitness habits, covering everything from simple topics like exercise and nutrition to complex issues such as managing chronic health conditions.** 3Fitt helps employees take small, effective steps toward health and well-being with manageable, sustainable changes. 3Fitt helps your team create and sustain a healthier lifestyle by offering group challenges, exercise videos, nutrition and activity tracking, device integration, condition management, online courses, and more.

FAMILY

Family, community, and culture are a huge part of a healthy life. Empower employees be their best selves for their families and colleagues by offering programs that focus on mental, social, and emotional health. 3fitt supports your employees with social and emotional tools such as online courses, brain health videos, daily health modules, and challenges.

FINANCE

3Fitt knows that finances play a large role in employees' overall health and wellness. **Financial challenges and stresses can impact physical and emotional health. That's why 3Fitt includes financial health programs that help your employees strengthen their financial confidence.** With financial tools such as assessments, coaching, educational resources and webinars, employees can improve financial knowledge to support more confident financial decisions.

Empower and motivate people to live their best life.

3Fitt is a full-feature platform that has 3 separate access points:



EMPLOYEE PORTAL: DESKTOP & MOBILE APP

Your employees access the 3Fitt wellness platform with any desktop or mobile device that connects to the internet. That means whether your employees are at home or on the go, they can utilize the health and wellness program to monitor and reach their wellness goals.



ADMINISTRATOR PORTAL

3Fitt makes it easy for you to track and manage your well-being program. Our administrator portal makes it simple to run reports, add features or challenges, offer incentives, schedule events, and view aggregated data for your community.



COACHING PORTAL

If you elect to add coaches to your wellness program, they will have access to the Coaching Portal to send and receive messages, schedule appointments, share documents, track progress, view activity and health logs, and more, giving them the technology platform they need to run a successful coaching program.

HOW 3FITT POSITIONS YOU FOR SUCCESS

-  **SIMPLE AND EFFECTIVE:** 3Fitt is intuitive and easy to use, making it simple for your employees to integrate into their daily lives and effective in supporting real, lasting whole-person well-being.
-  **BRANDED WITH YOUR IDENTITY:** Your well-being program is unique to your culture, and the platform you choose should be designed to match your identity. We've done just that, allowing you to make it your own to include your name, logo and graphics.
-  **CUSTOMIZABLE:** While many wellness programs use a one-size-fits-all approach, 3Fitt recognizes there are different needs, goals, challenges, and cultures within each community. The 3Fitt platform can be customized to fit your team's unique goals and needs.
-  **FLEXIBLE TO GROW WITH YOU:** 3Fitt allows you to choose which features best fit your community's specific health and wellness goals. Whether you'd like your wellness program to start small and grow from there, or would like to utilize all the available well-being features from the start, 3Fitt can meet your organization where you are now and grow with you over time.
-  **EASILY ACCESSIBLE:** Our digital and mobile platform can be accessed on any computer or mobile device that has internet access, making your well-being program easily accessible at home, at work, or on the go.
-  **EFFORTLESS IMPLEMENTATION:** We make launching your well-being program a breeze by providing templated communication pieces, a programming guide, an incentive rewards campaign, and more – all of which you can edit to fit your unique needs.
-  **ONGOING PROGRAM ADMINISTRATION:** 3Fitt's Administrator Portal makes the ongoing management of your program a snap with templated and customizable programming options to align with your program design.
-  **ROBUST REPORTING:** 3Fitt offers robust reporting that is available at your fingertips, giving you valuable insight into enrollment and engagement, as well as the overall health and financial well-being of your employees. This can be critically important in identifying the most prevalent needs of your employees, so you know where to focus your resources. The saying goes, "What gets measured, gets managed," and 3Fitt gives you the tools needed to measure success.

PLATFORM FEATURES

Your organization's health and well-being program can be customized to include as many or as few features as you'd like to fit your community goals and priorities. Pick and choose from the features that best fit your company's needs, allowing 3Fitt to grow with you over time.



DEVICE INTEGRATION

3Fitt integrates with devices & apps to simplify tracking, such as activity/sleep trackers, glucometers, wireless scales, blood pressure monitors, and more.



FINANCIAL WELL-BEING

Help your employees gain financial confidence by mastering crucial financial skills, including budgeting, savings, retirement & more.



EXERCISE VIDEOS

Access a variety of over 50 exercise videos on HIIT workouts, Pilates, low impact, Tabata, dumbbells, strength workouts, yoga, boxing & kickboxing, and more.*



BIOMETRICS DATA

Bring biometrics data into the platform to help identify hidden risks and monitor health trends over time.



SOCIAL WELLNESS

Celebrate community, culture, and family by bringing people together for support, motivation, and encouragement.



ACTIVITY ASSIGNMENT

Assign activities, pre-defined or custom, to all or some employees based on meeting specific demographic or health risk criteria.



HEALTH ASSESSMENT

3Fitt offers a built-in health assessment providing a detailed health report, as well as access to an extensive library of health resources.



ONLINE COURSES

Video-based courses grounded in the principles of Cognitive Behavior Therapy motivate employees toward healthy outcomes & lasting change.*



PROGRAM RESOURCES

Further customize the platform by including hyperlinks or attaching documents, making outside resources easily accessible to your employees.



CHALLENGES

Create community challenges based on fitness, nutrition, or lifestyle. Choose from templated options or create custom challenges.



NUTRITION TRACKING

Track diet, nutrition, and calorie consumption using 3Fitt's robust food database or sync your profile with a compatible nutrition tracking app.



BRAIN HEALTH VIDEOS

On-demand videos led by health professionals make mental well-being accessible, engaging, and confidential. Integrates tools from various disciplines, such as psychology, neuroscience & meditation.*



REWARDS & INCENTIVES

Create an incentive program and offer customized rewards, such as gift cards, money, HSA contributions, merchandise, and more.



DAILY PROGRAMS

Offer 30-day challenges that guide employees to more successfully meet health goals such as stress management or smoking cessation.



LIVE COACHING

Use the 3Fitt platform to offer live coaching to your employees. Use your own coaches or contract through third parties to offer coaching services. Note: Coaching technology platform is included, whereas cost of coaches is not included.



EVENT SCHEDULING

Create and manage one-time or recurring events, including managing registrations, sending notifications to employees, and more.



EXERCISE TRACKING

Employees can easily log exercise using 3Fitt's extensive tracking database.

*Please note: online courses, brain health videos, and exercise videos are optional add-on services.