

01

We incentivize fitness to motivate your employees & Build a Community



Our unique incentive program is designed to help **motivate** and build a **great sense of community** within the work environment.

Earn Medals and Rewards through our Monthly Corporate Challenges

02

We help make you money



Our goal is simple; **less claims** and **less insurance cost**.

Certain claims will be noticeably tracked down such as medications and certain doctor visits.

A well-designed employee wellness program such as OTM will provide companies with a return on their investment (ROI) of \$1.50 to \$4.00 for every dollar spent

03

We help your employees lead healthier and happier lives



Exercising three times a week **reduces the risk of stroke and coronary heart disease** by up to 35%

Physical activity helps enhance **thinking, learning, and judgment skills**

150 min of moderate-intensity leisure activity/week = **14% lower risk of coronary heart disease**

04

♥ Families Included ♥

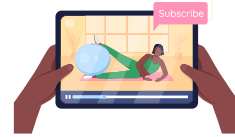
Get healthy with your family and enjoy workouts together in the comfort of your home or anywhere, anytime

Company code can be shared within your family



05

Access to an online fitness library with 500+ On Demand Videos & Live Classes



Workout At Your Desk
How To's
Mindfulness
Physical Therapy
Low Impact

Strength Training
Nutrition
Stretching
How To's
Family Fun



06

Track Progress ✓

Access to your own **Company Portal** to keep track of employees progress
Quarterly Health Assessment for your employees
Access to quarterly reports

07

Exclusive Discounted Offerings

Connect your **Apple Health Kit** & Wearable Tracking Devices
Myzone Heart Rate Monitor
Perform Better Equipment



\$ 4 PEPM

