



# Prevention is the New Prescription

Why Movement, Mindset & Lifestyle Are Your Best Benefits Investment in the GLP-1 Era





# Why Prevention Must Be Your Top Priority



These drugs are the most expensive line item on many benefits plans, driving healthcare spend through the roof.

1 in 25 U.S. adults were prescribed a GLP-1 in 2024 — and the number is rising fast.

*Source: [Becker's Hospital Review](#)*

Preventive care is critical for improving outcomes and controlling the long-term costs of GLP-1s.

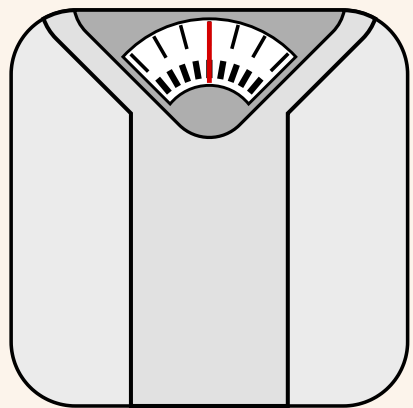


# How to Stay Ahead of Chronic Disease

The majority of chronic conditions — and related claims — can be prevented with regular exercise and a healthy diet.

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## Obesity



**50%**

Reduction to  
Obesity

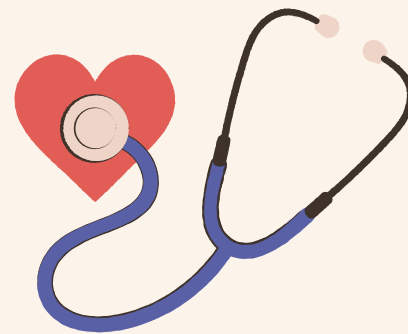
## MSK



**30%**

Reduction to  
MSK Conditions

## Cardiovascular



**35%**

Reduction to Heart  
Disease Risk

## Diabetes



**50%**

Reduction to  
Type 2 Diabetes

## Mental Health



**30%**

Reduction to  
Depression

# Movement is Medicine

Build your benefits strategy around it.

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The science is clear: regular physical activity is a powerful, proven preventive tool against diabetes, heart disease, obesity, and other chronic conditions.

Yet fitness and lifestyle programs are often treated like perks and not essential benefits.

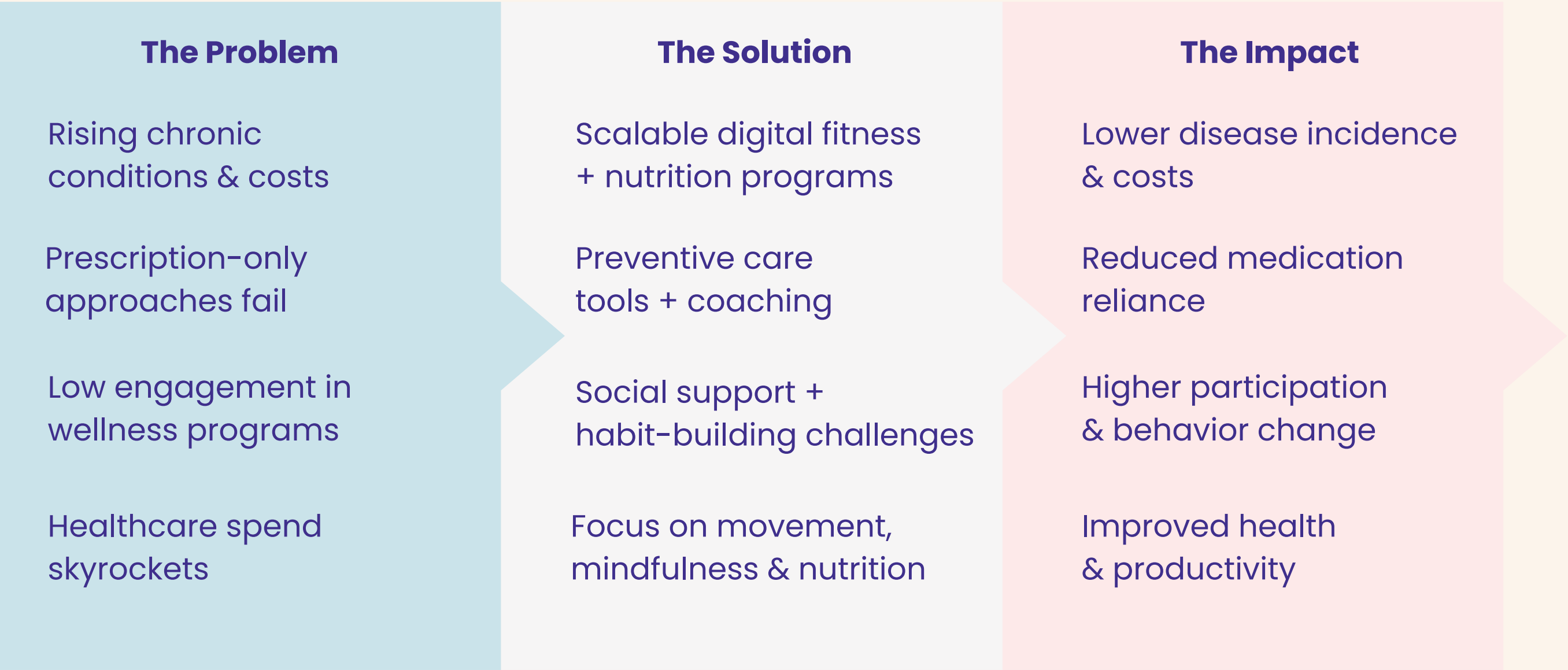
This approach:


- Misses the chance to prevent costly chronic illness.
- Fails to reduce medication dependency.
- Leaves population health goals and savings unmet.



# Fitness is the Key to Unlocking Health

Preventive care strategies that promote daily movement, balanced nutrition, stress reduction, and healthy habit-building are key to lowering long-term health risks and improving population health.





“Movement is  
medicine” isn’t just a  
philosophy — it’s proof  
that prevention delivers  
real, measurable value.

## Why Prevention Pays Off

Investing in prevention isn't just good for employee health — it's a smart financial strategy.

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Recent analysis from Havarti Risk shows that **employers can save \$359 per engaged employee** annually through reduced healthcare claims and productivity gains. In fact, organizations working with FitOn Health see a **3.6X ROI** by integrating physical activity into their benefits strategy.

When companies prioritize movement, they’re not offering a perk — they’re making a cost-saving decision backed by data. Increased physical activity leads to:

- Fewer claims related to obesity and chronic conditions.
- Lower reliance on costly prescription drugs.
- Slower disease progression across populations.

# Continue the Work

Take action with FitOn Health's well-being solutions.



## Mindfulness Integration

Mindfulness is proven to reduce stress and increase focus. FitOn Health provides a variety of mindfulness resources, including:

- **Guided Meditation & Breathing Techniques:** Short, accessible sessions to help employees improve mental clarity, sleep, and emotion regulation.
- **Mindfulness Challenges:** Engaging team activities to foster a culture of mindfulness and prevention.



## Holistic Nutrition Support

The right nutrition helps prevent chronic disease, improve metabolic health, and reduce long-term healthcare costs. FitOn Health offers:

- **Personalized Meal Plans & Recipes:** Custom nutritional guidance to support weight management, stabilize blood sugar, and reduce risk factors for heart disease, diabetes, and more.
- **Educational Resources:** Expert-led content connecting food choices to long-term physical and mental health — from reducing inflammation to supporting emotional resilience.



## Fitness for Everyone

Physical activity is key to preventive health. FitOn Health offers:

- **On-Demand Workouts:** Quick, flexible classes that employees can do anywhere.
- **Movement Breaks:** Short, easy exercises to recharge during the day.
- **Team-Led Fitness Challenges:** Group workouts, step challenges, and virtual events to stay active and build camaraderie.



## Preventive Care Platform

FitOn Health offers an all-in-one platform to support employee well-being, including:

- **Personalized Wellness Programs:** Tailored to each employee's health needs and goals, including chronic condition management.
- **Engagement Tools:** Well-being challenges, progress tracking, and community groups to encourage participation.
- **Expert Content:** Access to educational articles and videos from health professionals and celebrities.



# Take the Next Step

Your team deserves well-being that works.

FitOn Health is here to help you build a healthier, more resilient workforce. By integrating preventive care strategies like fitness, nutrition, and mindfulness into your workplace culture, you can empower employees to manage chronic conditions, reduce health risks, and improve long-term well-being and productivity.

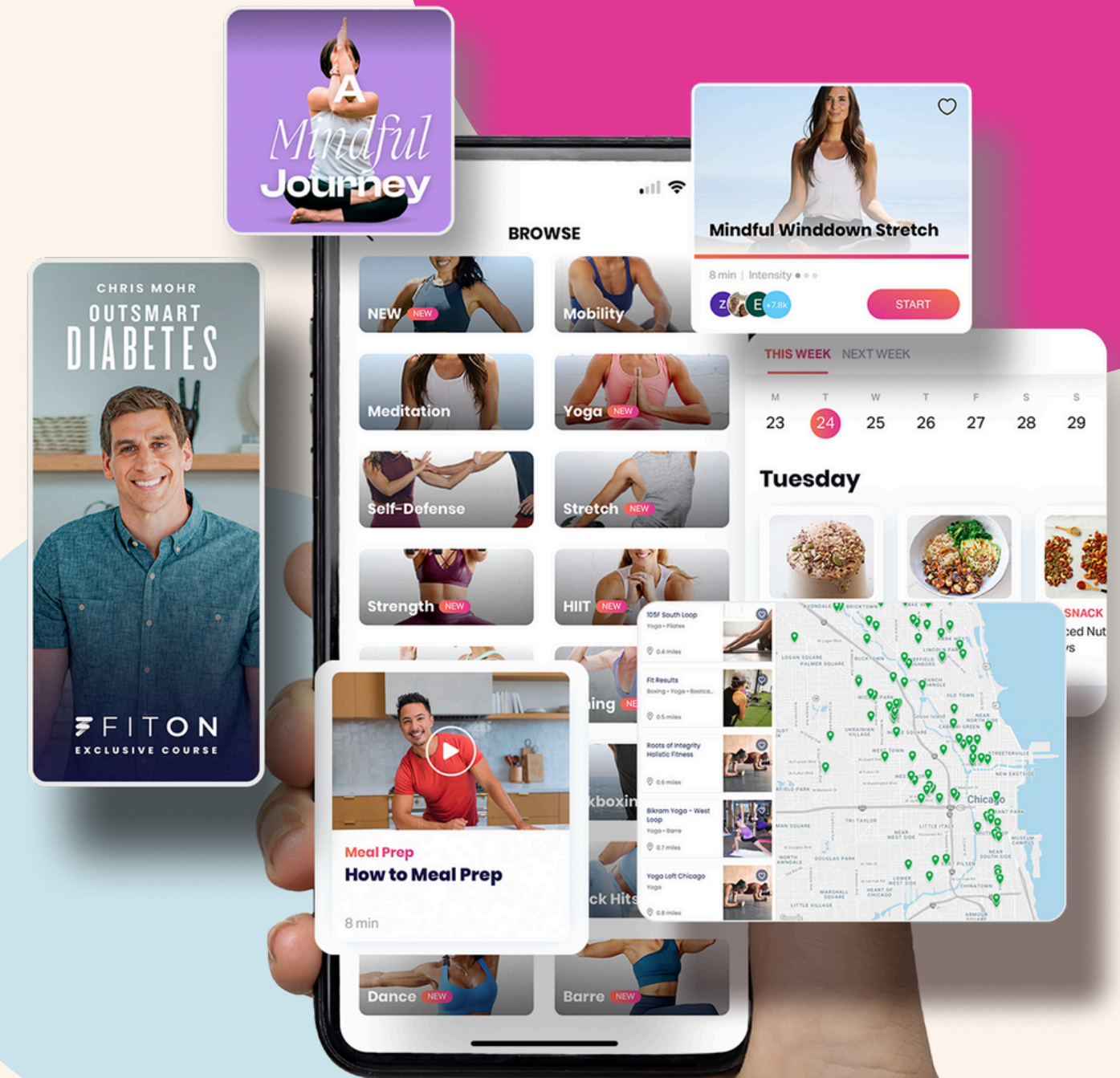
## Next Steps:

**1. Explore Our Solutions:** Visit [FitOnHealth.com/Employers](https://FitOnHealth.com/Employers) to learn more.

**2. Request a Demo:** [Schedule a personalized demo](#) to see how FitOn Health can work for you.

**3. Engage Your Employees:** Start with fitness challenges, mindfulness sessions, or nutrition tips and scale from there.

Explore more at [FitOnHealth.com/Employers](https://FitOnHealth.com/Employers) or reach out to our team to learn how to bring preventive well-being to your workplace.





# FitOn Health Resources

Stay Up to Date with the Latest From FitOn Health

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## **1. Guides & Ebooks**

Dive deep into topics like stress management, building resilience, and fostering emotional well-being.

## **2. On-Demand Webinar & Events**

Access a library of insightful, on-demand webinars led by wellness experts.

## **3. Social**

Discover key events and conferences where our team is actively participating and sharing insights.

## **4. Blog Posts & Articles**

Stay up-to-date with the latest in preventive health and wellness through FitOn Health's blog.

## **5. Mindfulness & Meditation Resources**

Share guided meditation sessions and mindfulness practices with your employees.

## **6. Well-Being Challenges & Team Engagement**

Encourage your employees to engage in interactive wellness challenges that focus on movement, nutrition, and mindfulness.

## **7. Nutrition Resources**

Support employees with practical nutrition tips, meal planning guides, and recipes that promote sustained energy and mental clarity.