



Vygor AI Wellness Solutions for Telehealth Partners

- ✓ **Extend care beyond the visit.**
- ✓ **Increase engagement, revenue, and outcomes with AI-powered wellness.**

The Challenge for Telehealth Providers

Telehealth has redefined care delivery — improving convenience and access. But sustaining engagement, loyalty, and profitability in a post-pandemic market remains a significant challenge.

01

1. Episodic Engagement

Most virtual care platforms engage patients **only during appointments**. After the visit ends, so does the relationship. This leads to disengaged users and lower utilization.



A telehealth platform observed a **25% increase in patient retention** after implementing digital wellness engagement (FasterCapital, 2024).

02

Limited Preventive Focus

Telehealth often stops at diagnosis and treatment. Without ongoing wellness — nutrition, fitness, or behavioral support — members don't stay proactive.

03

Rising Acquisition Costs, Declining Margins

CAC (Customer Acquisition Cost) continues to climb, while per-visit reimbursements plateau.



McKinsey (2023) found that 70% of telehealth leaders cite “declining retention and utilization” as a key strategic risk.

Why Partner with Vygor?

Vygor transforms your telehealth platform from reactive care into continuous wellness — helping you engage patients every day, not just during consultations.

Continuous Engagement Between Visits

Provide daily touchpoints with AI meal plans, fitness programs, and behavioral motivation integrated directly into your app.



Strengthen Member Retention

Keep patients returning to your platform through personalized recommendations and goal tracking that foster daily engagement.



Increase Revenue per Customer

Add subscription-based wellness tiers, employer partnerships, and preventive health programs that enhance **ARPU (Average Revenue per User)** and profitability.



Telehealth platforms integrating wellness solutions report up to a **40% increase in revenue per customer** (McKinsey, 2023).


The Future of Telehealth:

From Episodic Care to Continuous Wellness

Vygor connects **clinical care** with **daily wellness** — creating a seamless continuum that supports both patients and profitability.

Tap into Human Motivation

Built on **Cognitive Behavioral Therapy (CBT)** principles, Vygor helps members form consistent habits through goal setting, self-monitoring, and rewards. Gamified milestones and smart reminders sustain engagement between visits.

 Gamified wellness programs increase participation by 45% and retention by 20% (Wellhub, 2024).



Hyper-Personalize with AI

AI Physical Trainer

- ✓ Adaptive exercise plans matched to health goals, fitness level, and physical condition.
- ✓ Auto-adjusts routines based on patient progress or telehealth data inputs.

API & White-Label Integration


- ✓ Fully embeddable into your telehealth app or portal.
- ✓ Customizable branding and analytics dashboards for seamless integration.

AI Dietitian

- ✓ Personalized weekly meal plans based on goals, conditions, and preferences.
- ✓ Photo-based meal tracking with automatic macro analysis.
- ✓ Nutrition data integrated into clinical dashboards.

AI Wellness Coach

- ✓ Sends daily habit nudges, motivational prompts, and progress updates.
- ✓ Keeps users connected to your platform 24/7.


 AI personalization improves adherence to wellness recommendations by **40%**, increasing preventive care utilization (Gitnux. 2024).

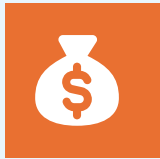
Business Impact and ROI


| Metric | Impact | Source |
|------------------------------|--|----------------------|
| Patient Retention | +25% after adopting digital wellness tools | FasterCapital, 2024 |
| Platform Engagement | +30% with continuous wellness features | McKinsey, 2023 |
| Average Revenue per Customer | +25–40% with premium wellness tiers | McKinsey, 2023 |
| Preventive Care Adherence | +40% improvement with AI personalization | Gitnux, 2024 |
| Profit Margin | +15–25% via recurring digital services | Telehealth.org, 2024 |
| ROI | \$3–\$6 return for every \$1 invested | CDC / Harvard, 2010 |


 *Telehealth platforms integrating preventive wellness create a flywheel of engagement, loyalty, and profitability.*


Benefits for Telehealth Providers

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Continuous Engagement Between Visits
Keep patients connected through AI nutrition and fitness guidance.
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Higher Revenue per Member
Upsell AI wellness tiers and preventive health subscriptions.
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Improved Retention and Lifetime Value
Build long-term loyalty and renewals through daily, data-driven engagement.
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Better Clinical Outcomes
Encourage sustainable behavior change that reduces chronic disease burden.
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Seamless Integration
Deploy Vygor via API, white-label, or embedded module — without disrupting your platform architecture.

Revenue & Profitability Impact Framework


| Growth Lever | Description | Impact |
|--------------------------------|---|--------------------------------|
| Premium Wellness Add-ons | Introduce subscription wellness tiers within the telehealth app | +25–40% ARPU |
| Retention Improvement | Continuous engagement increases subscription renewals | +20–25% LTV |
| Employer Wellness Integrations | Offer corporate wellness programs via existing telehealth contracts | New B2B channel |
| Operational Efficiency | AI reduces clinician workload for low-acuity follow-ups | +10–15% cost efficiency |
| Differentiation | Enhanced brand value & patient loyalty | Market leadership & higher NPS |

Partner with Vygor

Extend care. Deepen engagement. Grow your platform’s impact and profitability.

Join leading telehealth innovators integrating AI-powered wellness for the next era of virtual care.

 **Contact us:** partners@vygor.health

 **Learn more:** www.vygor.health

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