

# Wellness Solutions for Health Plans

Drive engagement, improve health outcomes and reduce costs for plan members



## The Challenge for Health Plans

Health Plans face a complex environment in delivering solutions to their members



### Rising Healthcare Costs

Increasing prevalence of obesity, diabetes, cardiovascular disease and musculoskeletal issues and GLP-1 adoption can lead to steep cost increases [1]



### Low Member Engagement and Retention

Traditional “one-size-fits-all” wellness programs have poor participation and plans struggle to differentiate themselves in a competitive market



### Gaps in Preventive Care

Difficulty in motivating members to adopt a healthier lifestyle leads to missed opportunities for early intervention

## Why Partner with Vygör?



### Member Retention

Improve member satisfaction and loyalty with hyper-personalized, AI-driven wellness solutions.



### Scalable and Flexible.

Works across commercial, Medicare Advantage and Medicaid populations.



### Turnkey Solution.

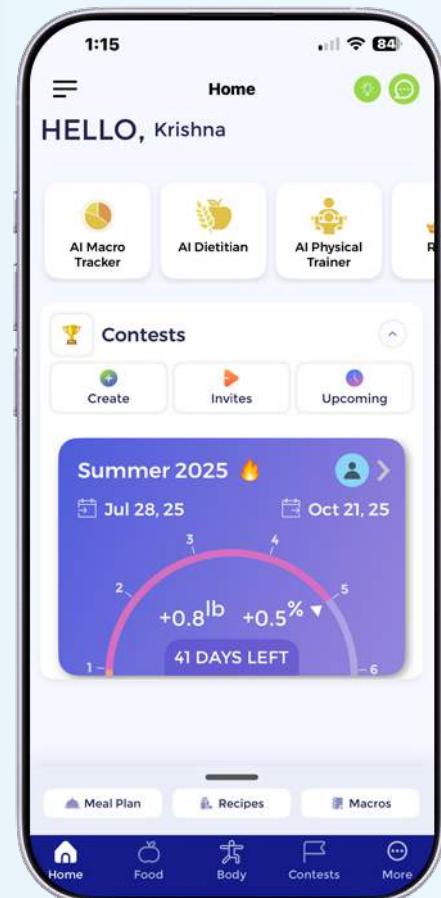
Fast to implement, integrated into existing health plan wellness benefits.

# Vygor – The Future of Wellness: Human Motivation, Hyper-personalization, AI-Native

Vygor's unique solution blends human motivation with AI hyper-personalization. The synergistic effect promotes user engagement while delivering positive preventive outcomes for populations at risk of obesity and diabetes, and related conditions such as hypertension, cardiovascular disease and musculoskeletal issues.

## Tap into Human Motivation

Vygor seeks to enhance the inherent motivation of humans through Cognitive Behavioral Therapy (CBT) techniques – goal setting, self-monitoring and social support – through its solution. Social engagement through contests and self-monitoring via detailed analytics help keep users motivated.



## Hyper-personalize with AI

Vygor's AI-native approach seamlessly integrates AI into the solution

**AI Macro Tracker** Members can track calories and macros through photos or scans of food

**AI Dietitian** The AI Dietitian acts as a Registered Dietitian and delivers personalized weekly meal plans, at a granularity that exceeds current solution

**AI Physical Trainer** Based on member preferences and equipment available, the AI Physical Trainer tailors exercise plans that are unique to each person's needs

# Benefits



## Personalized Wellness at Scale

AI-powered coaches adapt guidance for each member



## Preventive Health Focus

Encourages healthy habits before conditions escalate



## Engagement that Lasts

Gamification, contests, progress tracking, mobile app



## Better Outcomes, Lower Costs

Manage weight, fitness to reduce chronic disease burden

## Get Started

Vygor is available as a turnkey mobile app solution for health plans.

- ✓ Control plan member costs
- ✓ Improve member engagement and retention
- ✓ Deliver preventive care for chronic conditions

Contact us at [partners@vygor.health](mailto:partners@vygor.health)

## References

[1] Employers are bracing for the highest health benefit cost increase in 15 years, a projected 6.5% increase in 2026, according to Mercer. (n.d.). <https://www.mercer.com/en-us/about/newsroom/employers-are-bracing-for-the-highest-health-benefit-cost-increase-in-15-years/>, September, 2025