

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 Vygor?



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.



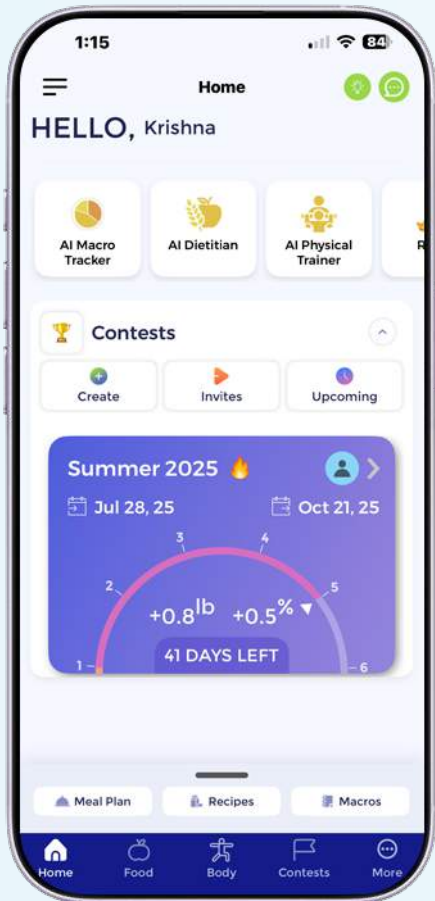
Hyper-personalize with AI

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

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