



**INCORPORE SOLUTIONS**

**5000+  
WELLBEING  
PARTNERS**

**A LEADING  
FITNESS &  
WELLNESS  
COMPANY**

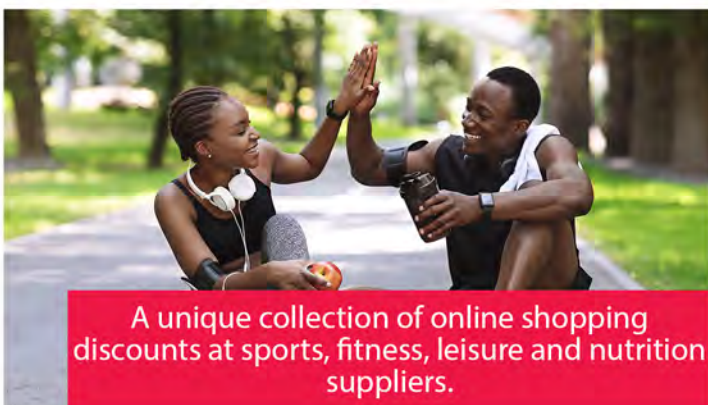


**SERVING  
OVER  
6 MILLION  
EMPLOYEES**

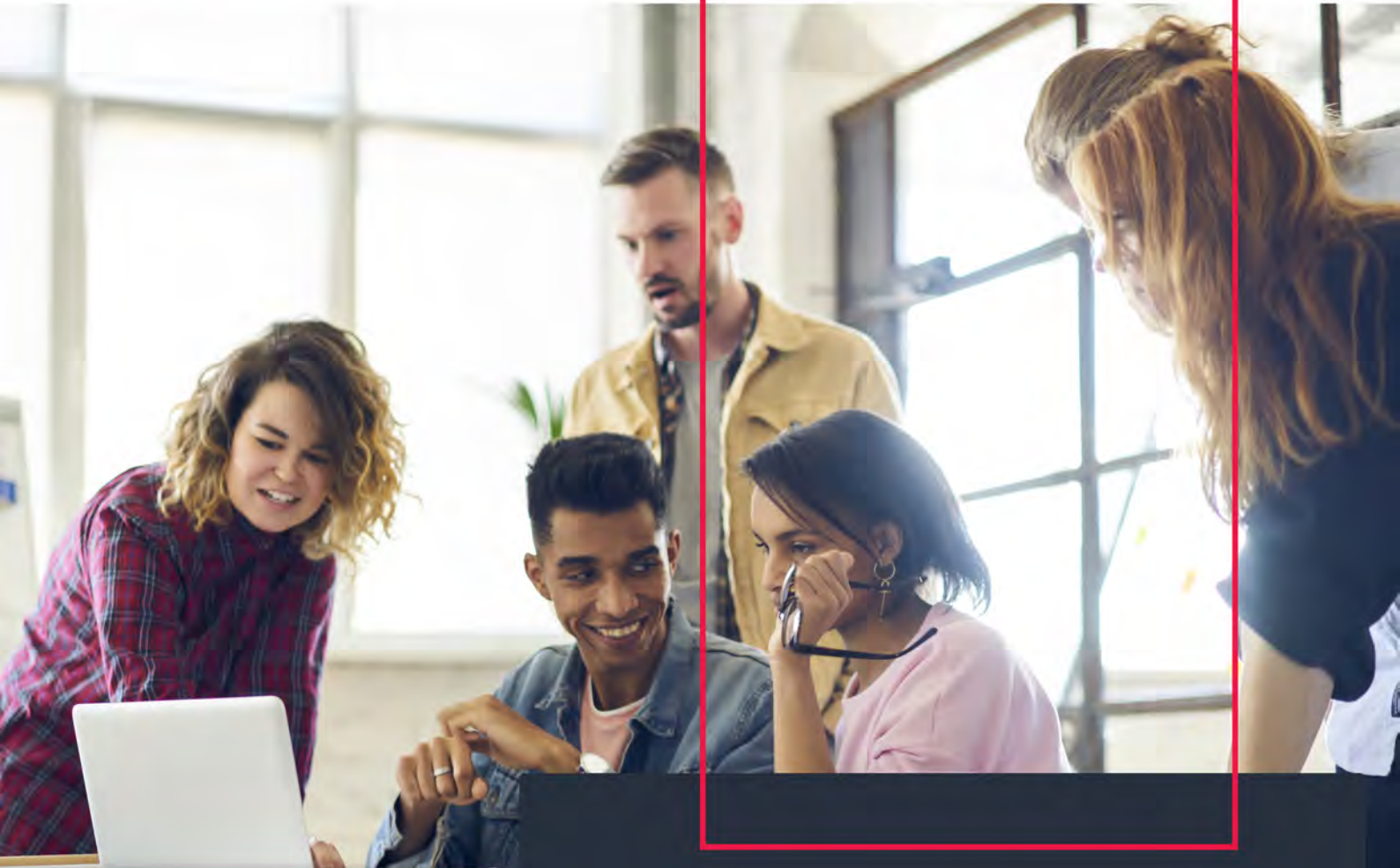


## IMPROVING EMPLOYEE FITNESS, HEALTH, WELLNESS AND LIFESTYLE.

- About Us **2**
- Incorpore at a Glance **3**
- Why Wellbeing? **4**
- Personal Fitness **5**
- Physical Health **6**
- Mental Wellness **7**
- Active Lifestyle **8**
- Contact Us **9**



# ABOUT US



## OUR VISION

To create a fitter, happier and more productive workforce, now and for future generations.



For the last 20 years, Incorpore has been successfully delivering fitness and wellness solutions to 6 million employees from thousands of companies across the UK and Ireland.

Every employee should have access to a company wellness programme, simply because healthier employees are good for business. They are fitter, healthier, happier, more productive and more profitable.

The department of health has described inactivity as the 'silent killer' of our generation. The UK has the worst obesity rate in Western Europe, so we are on a mission to dramatically improve the health and wellbeing of the UK's working population.

**At the heart of what we do are four key areas of wellness: Personal Fitness, Physical Health, Active Lifestyle and Mental Wellbeing.**

# INCORPORE AT A GLANCE

## MENS SANA IN CORPORE SANO

- A HEALTHY MIND COMES FROM A HEALTHY BODY.

### PERSONAL FITNESS:

Encourage employees to meet the minimum government exercise guidelines with discounted gym memberships at over 3,300 UK locations. This means employees can choose a gym closest to wherever they live or work.

### PHYSICAL HEALTH:

Empower employees to take control of their health with discounts at over 2,300 health assessment clinics across the UK, with options available for all types of health needs, budgets and locations.

### MENTAL WELLBEING:

Support employees to improve their mental resilience and emotional wellbeing with our application that uses a range of evidence-based exercises to identify risk factors for stress, depression and anxiety.

### ACTIVE LIFESTYLE:

Inspire your workforce to live a more active lifestyle with discounts on sport clothing and footwear, fitness activity trackers, spa breaks, nutrition, home gym equipment, digital fitness, family days out and much more.

## OUR BRANDS

**GYMFLEX**  
HEALTH CLUB MEMBERSHIPS

**MYGYM**  
DISCOUNTS

**MYGYM**  
DISCOUNTS.IE

**HEALTHIFLEX**

**MYHEALTH**  
DISCOUNTS

**MYACTIVE**  
DISCOUNTS

 **Thrive**

# A HEALTHIER & MORE ACTIVE WORKFORCE HAS:

Improved sleep; resulting in more energy and a better mood.

---

Better weight management and blood pressure levels.

---

Stronger bones, muscles and joints, resulting in less aches and pains.

---

Reduced risk of heart disease, type 2 diabetes and cancers.

---

Lower risk of back pain.

---

Improved recovery rates.

---

Less stress and negative thoughts.

---

Increased social connectivity with new and different people.

## WHY WELLBEING?



### ATTRACT & RETAIN TALENT

Companies that offer wellness benefits look more attractive to potential employees and help keep current employees engaged.

### REDUCE ABSENTEEISM

Healthier employees have less time off sick and less chance of developing serious health conditions and diseases.

### INCREASE PRODUCTIVITY

A more active workforce increases productivity, profitability and competitive advantage.

### BOOST COMPANY CULTURE

Happy and healthy employees are good for business.

# PERSONAL FITNESS



## DISCOUNTS ON:

- GYM MEMBERSHIPS
- DIGITAL FITNESS
- MOVE GB

## DISCOUNTED GYM MEMBERSHIPS

Improving fitness levels within the workforce should lead to a lower level of sick days, reduced staff turnover, increased productivity, improved morale and company culture.

At the heart of our discounted gym membership schemes is **coverage and choice**. With over 3,300 gyms, health clubs, leisure centres, yoga and pilates studios and bootcamps across the UK and Ireland, employees can join a venue that is not only closest to wherever they live or work, but also fits their budget and lifestyle.

Our gym network includes discounts at Pure Gym, David Lloyd, Virgin Active, The Gym Group, Gymbox, Nuffield Health, Better, Bannatyne, as well as thousands of independent gyms, hotel clubs and local leisure centres. We also offer discounted digital fitness subscriptions, as well as instant access to at-home fitness classes and multi-activity memberships.

Gym membership discounts are available with our voluntary scheme, MyGymDiscounts - where employees join the gym directly, or via GymFlex - which is our 12 month salary deduction scheme.

**GYMFLEX**  
HEALTH CLUB MEMBERSHIPS

[gymflex.co.uk](http://gymflex.co.uk)

**MYGYM**  
DISCOUNTS

[mygymdiscounts.co.uk](http://mygymdiscounts.co.uk)

**MYGYM**  
DISCOUNTS.IE

[mygymdiscounts.ie](http://mygymdiscounts.ie)

# PHYSICAL HEALTH

- HEALTH ASSESSMENTS
- REMOTE GP APPOINTMENTS
- VIRTUAL PHYSIOTHERAPY
- ONLINE COUNSELLING
- NUTRITION & LIFESTYLE COACHING

## DISCOUNTED HEALTH ASSESSMENTS

Empowering employees to take control of their health will lead to happier, healthier employees who are good for business. As with our gym schemes, **coverage and choice** is central to our health assessment network.

With savings at over 2,300 clinics across the UK, employees can choose the right service for them, based on their health needs. So, whether an employee wants a basic health MOT or an in-depth and comprehensive look at their health, they will find a location closest to wherever they live or work, and an assessment that meets their lifestyle and budget needs. Our discounted health schemes also give employees access to remote GP appointments, virtual physiotherapy, online counselling and nutrition and lifestyle coaching.

With a range of face to face or digital services available, employees can learn more about their current state of health, recognise early warning signs and make lifestyle changes by developing long-lasting health habits, that they can have assessed on a regular basis.

Health assessments are available with our voluntary scheme, MyHealthDiscounts - where employees pay the clinic directly, or via HealthiFlex - our 12-month salary deduction scheme.

**HEALTHIFLEX**

healthiflex.co.uk

**MYHEALTH  
DISCOUNTS**

myhealthdiscounts.co.uk

# MENTAL WELLNESS



- REDUCE STRESS & ANXIETY
- IMPROVE MOOD
- SIGNPOST SUPPORT
- INCREASE PRODUCTIVITY

## MENTAL WELLNESS APP

Employees should be able to look after their mental health in the same way they can look after their physical health. With mental health issues affecting one in four people in the UK, it's more important than ever to support employees with their mental wellbeing.

Incorpore has partnered with the only NHS-approved employee mental wellbeing app: Thrive. It prevents and screens for mental health conditions and helps employees to manage their overall mental wellbeing. The Thrive app, available 24/7, is rich with tools, clinically proven content, and games to help your employees manage their way through life's daily struggles. So, whether your employees have a specific mental health concern or want to build their resilience and improve general wellbeing, Thrive is designed using a tailored approach to help different employees with their needs.

Thrive's computerised cognitive behavioural therapy, mindfulness techniques and distraction therapy games help your employees manage their mood, better understand their stressors and find out whether they need extra help with their mental health.

Support your employees with their mental wellbeing and in turn you will see an improvement in absenteeism, productivity, recovery rates, health claims and employee morale.





# ACTIVE LIFESTYLE



## DISCOUNTS ON:

- FITNESS TRACKERS
- CLOTHING & FOOTWEAR
- FOOD DELIVERY & NUTRITION
- DAYS OUT & HOLIDAYS

## DISCOUNTED ONLINE SHOPPING

Inspire your workforce to be more active with our unique collection of sports, fitness, leisure and nutritional discounts, with MyActiveDiscounts.

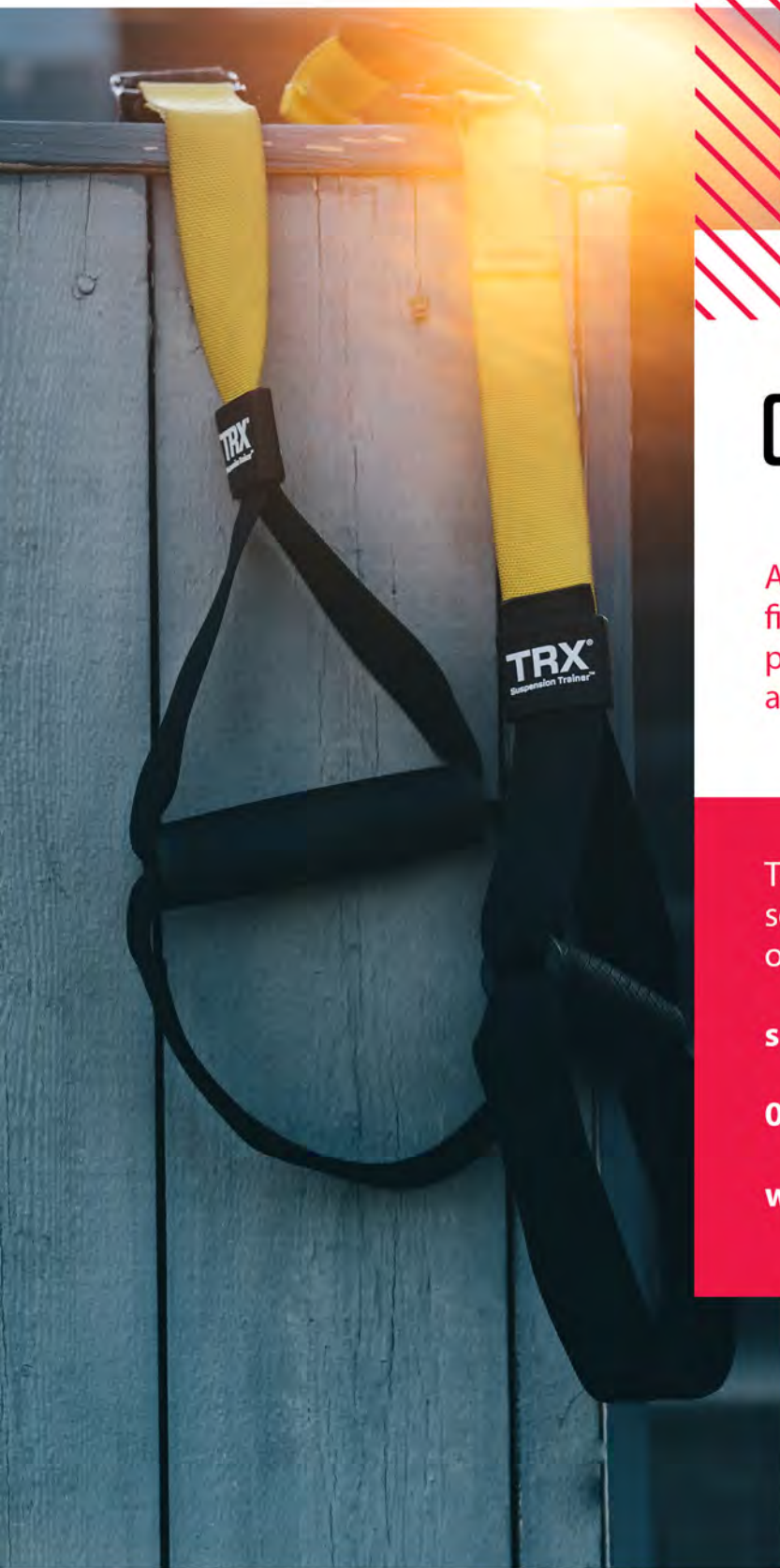
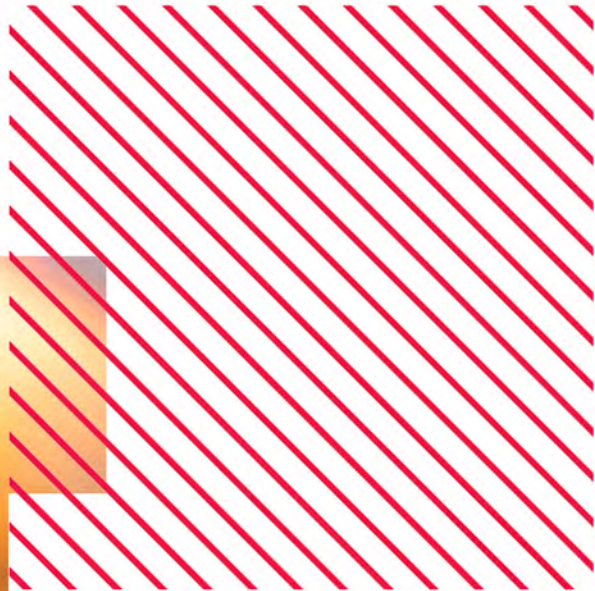
Physical activity is a great way for employees to feel better, boost their health and most importantly have fun. Whether it's working out at home, playing sport, taking a break in a log cabin or cooking healthy food at home, MyActiveDiscounts is here to help kick-start and maintain a more active lifestyle.

For those more serious about exercising, we offer the latest in fitness trackers, nutritional supplements, digital fitness solutions and equipment to compliment any fitness journey. We have even thought about those who are joining the gym for the first time and might need some new trainers, activewear or fitness accessories – all available at a discount.

According to the NHS (2018), 56% of adults in England were at increased, high or very high risk of chronic disease due to their waist circumference and BMI. Additionally, nearly a third of adults are classified as 'inactive' for not reaching the minimum guidelines for moderate physical activity. We want to help your UK workforce to be more active with MyActiveDiscounts.

**MYACTIVE**  
DISCOUNTS

[myactivediscounts.co.uk](https://myactivediscounts.co.uk)



## CONTACT US

Are you ready to create a fitter, happier and more productive workforce now and for future generations?

To launch one of our wellbeing discount schemes, or to have a chat to a member of our team, please get in touch now at:

[sales@incorpore.co.uk](mailto:sales@incorpore.co.uk)

0345 300 6474

[www.incorpore.co.uk](http://www.incorpore.co.uk)