



# XERLIFE

## How can Xerlife benefit your employees, your business and what does it cost?

Hello!

In these uncertain times for businesses, employees physical and mental wellbeing has never been more important and we understand first hand just how difficult conditions are for workforces throughout the country. Especially for those staff members working remotely.

Xerlife are delighted to introduce you to our new health and wellbeing program which has been designed as an employment benefit specifically for the SME and Corporate market.

### XERLIFE - HOME - FITNESS FOOD & EXERCISE Progress Tracking Made Simple

Xerlife is a one stop shop that helps your employees monitor their fitness and wellbeing by tracking their food, mood and exercise via our easy to use dashboard. To help them we supply a full range of 'exercise-at-home' videos, food plans, recipes, shopping lists and much more.

#### So what does it cost to give this to your employees?

We're offering full use of our platform and all of it's many benefits from as little as **50p plus VAT per employee per month (usually £1.99 inc vat)**. There is also an option for a company to have 'unlimited employees' for a discounted fixed fee each month, subject to a simple 12 month agreement.

Xerlife will help your team eat healthier food, stay active and track & monitor a range of health stats against NHS guidelines, all of which will be of real value to you and your employees wellbeing.

#### Our platform includes the following features:



##### Interactive dashboard to record Your activity

Calculates and records your health and wellbeing stats



##### Statistics

Adds additional exercise stats, not just Xerlife videos, to your Dashboard. Record your food intake and view all your stats both as a snapshot and historically



##### Extensive food plans and shopping lists

Full vegetarian, pescatarian and omnivore food plans and shopping lists



##### Chart your mood

Mood calculator helps you record the way you are feeling



##### Video

Expertly guided exercise videos for all ages, sexes and abilities - system knows your level and guides you accordingly



##### Share with partner and Personal Trainer

Share your dashboard with your partner or healthcare professional to get support and advice

Get your staff set up NOW with account membership. Simply contact us at [info@xerlife.com](mailto:info@xerlife.com) and we will do the rest.

# Here's what makes Xerlife different from many other fitness applications?

**X**erlife is a service expressly dedicated to health and wellbeing and our focus is solely on being the best in class - Xerlife is not an 'add-on' or 'loss leader' to another product such as insurance - nor does it rely on advertising for its income stream.

**Xerlife is a transparent subscription service, which can be paid by private individuals at a price of £1.99 a month (including VAT) or by their employer for as little as 50p per month plus VAT.**

Xerlife is incredibly easy to use and understand, even for people not versed in technology.

There is no requirement to download an app or any other software, as Xerlife is designed as a responsive web app that works on all devices from a normal web site address accessed from any browser.

Xerlife is a one stop shop and there is no requirement to connect it to or from other fitness apps or technology.

There is no requirement to wear or purchase expensive wearable technology, or use any other fitness apps with the service.

It does not track user's location via wearable tech or use their private information in any way such as setting insurance premiums.

*Research shows that less than 5% of people who have fitness apps associated with insurance and using wearable technology use them as they are suspicious and aware their data is being mined by the insurer. Our initial corporate customers have seen an 80% take up of Xerlife.*

- ★ Xerlife does not sell members data to anyone.
- ★ Xerlife allows members to connect to their own personal private trainers (to track stats and progress) or other health professionals such as physiotherapists to assist in recovery programs.
- ★ Xerlife allows members to connect to colleagues, partners or friends, to share shopping lists and dashboards so they can encourage one another.
- ★ Xerlife provides daily 10-minute workout videos from the Xerlife team and guest presenters. These are then available in the exercise video library - these are designed for all abilities and ages.
- ★ Xerlife provides 30-minute body weight works-outs for all ages and abilities, advising members on duration based on their individual fitness level.
- ★ Xerlife provides measurement and tracking of all major health stats inline with NHS guidelines, showing both a snap-shot and historic data.
- ★ Xerlife contains food plans designed to help people lose or maintain weight and these are connected to shopping lists.
- ★ Xerlife offers food plans and recipe ideas for vegetarians and pescatarians as well as omnivores.
- ★ Xerlife has a database of recipes for people who wish to eat within our guidelines but want inspiration rather than a food plan regime.
- ★ The food guidelines for all recipes are, low "bad" fat, low "bad" sugar, low salt and no processed food stuffs.

**The results and benefits of engaging employees with Xerlife are clear, it's a very cost effective way of encouraging work colleagues to stay fit and healthy, both physically and mentally. All which is beneficial to the employer and employee alike.**

## How is Xerlife rolled out to employees?

**Rolling the benefit out to employees couldn't be easier. Here's how simple it is:**

- ✓ Xerlife build a welcome page specifically for your company, with your own url and can also include your own brand and introduction. For example: [xerlife.com/josmithclothing](http://xerlife.com/josmithclothing)
  - ✓ People wishing to take up the Xerlife membership visit the page and create a password and provide their work email address, i.e. it must have the employers company name within it. For example: [sue.evans@josmithclothing.com](mailto:sue.evans@josmithclothing.com)
  - ✓ When they agree for an account to be created, they will receive an email with a link in it which they must click to verify.
- This will then take them straight into their individual account page where they can start to enjoy the service.
- ✓ To make employees aware of the service the employer simply sends an email with the welcome page link in it explaining the service. Xerlife will provide the suggested template for this email to assist in this.
  - ✓ We can provide the stats on sign-ups on a regular basis, the detail of which to be agreed with you, the employer.



PASSIONATE ABOUT A HEALTHIER AND HAPPIER LIFESTYLE FOR EVERYONE

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