



## A COMPREHENSIVE WELLNESS PROGRAM FOR PERSONAL CHANGE

### Your partner for health

LivFit is a free comprehensive wellness program that helps you make positive lifestyle choices to improve your physical and mental well-being. Exclusively designed for Oman Insurance Company's healthcare members, LivFit empowers you to take charge, living your life healthy, happy and fit.

### What's holding you back?

Research shows that our lifestyle choices lead to many diseases such as diabetes, cancer, stroke and heart attacks. Many of these conditions are preventable with small changes in our daily routine. But the good excuses that we keep repeating - 'I don't have time, I work late, I am tired' - will do nothing but lead to bad health.

To be happy and fit in the future, we need to take the necessary, and often difficult, steps to change now. The choice is ours to make. LivFit is designed to inspire you to overcome your wellness obstacles and make lasting lifestyle changes. The program will support you in various areas being physical activities, nutrition, weight loss, tobacco cessation and stress management.

### Your wellness journey

To start your wellness journey, take our simple online assessment, receive your personalized health report and discuss your goals with our wellness coach. You can then track your fitness plan via our mobile app, get inspired with our Facebook page, enjoy free group classes, participate in self-improvement workshops, and get discounts on a variety of wellness products. LivFit is all this and more!

**It's time to Take Charge.  
Are you ready?**

[www.livfit.ae](http://www.livfit.ae)

Like us on  /MyLivfitSpace

Follow us on  /MyLivfitSpace



## LivFit at a glance

### KNOW YOUR HEALTH



#### Health Report

Take the health assessment survey to get your personal report.



#### Checkups

Prevent illnesses with discounted screenings.

### GET INSPIRED



#### Wellness Coach

Discuss your wellness journey path.



#### Social Engagement

Follow us, get inspired & share your success.



#### Wellness Awareness

Visit [livfit.ae](http://livfit.ae) for articles and tips on health & wellness.



#### Challenges

Push yourself, compete with peers & have fun.

### TAKE CHARGE



#### LivFit App

Download 'LivFit Wellness' app to track your fitness plan.



#### Gym Facilities

Take advantage of free trials & discounted gym packages.



#### Group Classes

Participate in free weekly fitness classes.



#### Star Program

Lose weight and get part of the cost sponsored.



#### Tobacco Cessation

Stop smoking... before it's too late.



#### Stress Management

Attend seminars to cope with pressure & balance your life.

### OFFERS & DISCOUNTS



#### Partner Offers

Enjoy discounts on various wellness products.

### ACTIVATE WELLNESS

Visit [www.livfit.ae](http://www.livfit.ae)  
Download the 'Livfit Wellness' App  
Like us on [f/MyLivfitSpace](https://www.facebook.com/MyLivfitSpace)  
Follow us on [i/MyLivfitSpace](https://www.instagram.com/MyLivfitSpace)  
Participate in Lifestyle Programs  
Email us [info@livfit.ae](mailto:info@livfit.ae)  
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