

The Gruve Solution™



A CORPORATE HEALTH & WEIGHT MANAGEMENT PROGRAM THAT **WORKS**

The Gruve™ Corporate Wellness Program is centered on the concept of N.E.A.T. (Non Exercise Activity Thermogenesis) which is all the calories one burns while doing normal daily activity. The program's core technology was developed from a 10-year research study conducted by leading obesity expert, James Levine, M.D., and Mayo Clinic. This research showed that sedentary environments are a primary contributor to the rise in obesity which increases corporate health costs and takes a toll on productivity and quality of life. The study found that increasing the N.E.A.T in daily life can result in sustainable weight loss (or maintenance) and a dramatic improvement in overall health for everyone.



The Gruve program combines a personalized N.E.A.T based plan with an activity monitor, interactive website, online coaching and other valuable health resources. **It is designed to help all employees change their behavior to reach and maintain their long term health goals—regardless of gender, age, fitness level or physical limitations.**

The Gruve®

The Gruve is the only monitor that can capture N.E.A.T. activity (scientifically validated by the Mayo Clinic). The software is programmed with the employee's health information and records his or her total body motion throughout the day. The ultra slim device uses specialized technology to record 98% of daily activity as compared to pedometers or fitness monitors that only record walking or intensive exercise. The employee is given a non exercise activity goal each day.

- ▶ Provides three forms of real-time feedback—**color bar progression**, **vibration** and **website visuals**, that encourage employees to increase the amount of low intensity activity throughout the day (get to "Green")

Gruve Online™ Personalized Plan

The Gruve Online website is easy-to-use and provides employees with motivation, health education, results tracking and support. Participants can choose to partner with other employees in a social networking environment for mutual support, accountability and motivation. This interactive site engages the employees in an exciting, informative style and establishes a visual roadmap to health success.



Training and Support

The Gruve Corporate Wellness Program is only offered from Gruve Technologies Inc. It can be scaled to fit your corporate needs and is available as a standalone program or as a module that can be integrated seamlessly into your existing corporate health and wellness program.

Each employee is provided with a comprehensive Gruve Jumpstart Guide™ to lead them through the first 12 weeks of the program that covers all aspects of The Gruve Solution—from detailed instructions on how to use the device and fully use the interactive website, to achievable goal setting, to wellness education and more. Additional support includes:

- ▶ Training and integration support
- ▶ Employee communications
- ▶ Customized web portal
- ▶ Online employee resource guides
- ▶ Employee benefit fair materials
- ▶ Motivational messaging
- ▶ Results and achievement reports
- ▶ Social media program

Research has shown that employer sponsored wellness programs help companies lower their medical insurance costs, reducing the overall cost of employee benefits packages while increasing worker satisfaction and productivity.