



**3500+
GYMS &
HEALTH
CLUBS**

**A LEADING
FITNESS
AND
WELLNESS
COMPANY**



**SERVING
OVER
6 MILLION
EMPLOYEES**



OUR VISION

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



MYGYM
DISCOUNTS

MYGYM
DISCOUNTS.IE

MYACTIVE
DISCOUNTS

GYMFLEX
HEALTH CLUB MEMBERSHIPS

MYHEALTH
DISCOUNTS

HEALTHiFLEX

A MORE ACTIVE WORKFORCE HAS

More energy, a better mood,
is more relaxed and has
better sleep.

Better weight management
and blood pressure levels.

Stronger bones, muscles and
joints, so less aches and pains.

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

Lower risks of back care
issues & falls.

Improved recovery periods.

Less stress and negative
thoughts.

Increased social connectivity
with new and different people.



Incorpore is a leading fitness and wellness company who have been successfully delivering solutions to thousands of companies since 2001.

We believe every employee should have access to a company wellness programme, because we know healthy employees are good for business. Our portfolio of services is designed to increase activity levels, improve the work-life balance and create a culture of wellbeing amongst the company's employee population.

The UK's most popular gym network serves over 6 million employees from 1,700 corporate clients and our health and wellness solutions are for companies of all sizes, irrespective of location and employee headcount.

Inactivity is described by The Department of Health as the "silent killer" of our generation, so it is no surprise then that Incorpore's mission is to dramatically increase the promotion and uptake of physical and mental wellness within the working population of the British Isles.



MY GYM DISCOUNTS UK & IRELAND

Equality Coverage and Choice

Getting all employees corporate rates at a range of clubs closest to wherever they live or work.

www.mygymdiscounts.co.uk

My Gym Discounts is a self-paid gym membership scheme where the employee benefits from corporate rates and pays the club directly like a normal membership. The voluntary benefit scheme offers discounts at over 3,500 gyms across the UK and Ireland with a variety of membership types, meaning employees can choose the right membership for them, closest to wherever they live or work.

Our gym network is comprised of the major health club operators, leisure centres, independent gyms, outdoor boot camps and yoga studios. A simple postcode search facility on the websites means employees can obtain the discount and join immediately.

By offering your employees such a comprehensive coverage and choice of clubs, take-up will increase from your dispersed working population encouraging more employees to adopt an active lifestyle.



GYMFLEX

Fantastic Savings Delivered Smoothly

Annual gym memberships
via salary sacrifice or net pay
deductions.

www.gymflex.co.uk

GymFlex offers discounted gym memberships via salary deductions with the company paying for the annual gym membership and making the relevant salary deductions from employees. GymFlex 12-month memberships can be selected by employees in your annual, quarterly or monthly election windows. Our dedicated team of GymFlex Account Managers will also work alongside you to make sure all your reports and reconciliations are correct first time and every time.

Our network offers choice, coverage and great savings on a host of different memberships at over 3,500 of the major health club operators, leisure centres, independent gyms, outdoor boot camps and yoga studios. Membership options are viewed and selected via the GymFlex website.

By offering your employees such a comprehensive coverage and choice of clubs, take-up will increase from your dispersed working population, encouraging more employees to adopt an active lifestyle.



MY ACTIVE DISCOUNTS

Being Active Differently

Physical activity is as important in our everyday routine as eating and sleeping.

www.myactivediscounts.co.uk

My Active Discounts is a unique collection of products and services encouraging your employees to participate in a more active lifestyle. This includes sports clothing, fitness trackers, spa breaks, nutritional supplements, healthy food deliveries, home fitness equipment, activity holidays, leisure days out, outdoor race events and much more.

Whilst Incorpore believe that a gym is the best place to get an all-body workout, we understand that some employees wish to workout at home, play sport or supplement their exercise plan with nutrition products so we want to offer more than just gyms. It also makes sense that someone joining the gym for the first time might want a new pair of trainers or workout clothes.



MY HEALTH DISCOUNTS

Sickness Should Not Define Health

Health assessments can save lives by detecting health issues early, or when they are easier to treat.

www.myhealthdiscounts.co.uk

My Health Discounts is a self-paid health assessment scheme where by the employee benefits from corporate rates and pays the health assessment provider direct. The voluntary benefit scheme offers discounts at over 2,000 health clinics across the UK and Ireland with a variety of health assessment types, meaning employees can choose the right health assessment for them, closest to wherever they live or work.

Our health network is comprised of the major health assessment operators including Nuffield Health, Bluecrest, BMI Healthcare, Medichecks and Ramsay Healthcare. A simple postcode search facility on the website means employees can obtain the discount and purchase immediately.



Proactive Approach To Health

Full body health assessments
from salary sacrifice or net pay
deductions.

www.healthiflex.co.uk

HealthiFlex offers discounted health assessments via salary deductions with the company paying for the annual health assessment and making the relevant salary deductions from employees. HealthiFlex annual health assessments can be selected in your annual, quarterly or monthly selection windows.

Our network offers choice, coverage and great savings on a host of different health assessment packages at over 2,000 of the major medical health assessment providers. Health assessment options are viewed and selected via the HealthiFlex website.

By offering your employees such a comprehensive coverage and choice of health assessments, take-up will increase from your dispersed working population, thereby, encouraging and empowering employees to take a proactive rather than reactive approach to their personal health.



Your Mind's Best Friend

An everyday programme helping the workforce find their happy balance.

www.mymindpal.com

The new, innovative and stress free way to look after employee's mental wellbeing.

MyMindPal™ is an online emotional wellbeing platform that helps your employees thrive on a daily basis. MyMindPal™ hosts a variety of evidence-based exercises to assist employees to reduce stress in the moment, build a positive mind-set, learn to live in the present moment, and build their levels of resilience – collectively leading to an enhanced level of emotional wellbeing, increased performance levels and reduced absenteeism.

Our minds are full of thoughts and images. It's like a film playing on repeat. Some of these thoughts and images can help employees feel happy. Some just get in the way. MyMindPal™ lets them re-master the motion picture that's playing out in their mind every day. Think of it as their director's cut. They get to decide the story that's told – and what gets cut. Meaning they can dial up the things that help them feel good and leave out the things that don't in just five minutes a day.



MEDIA

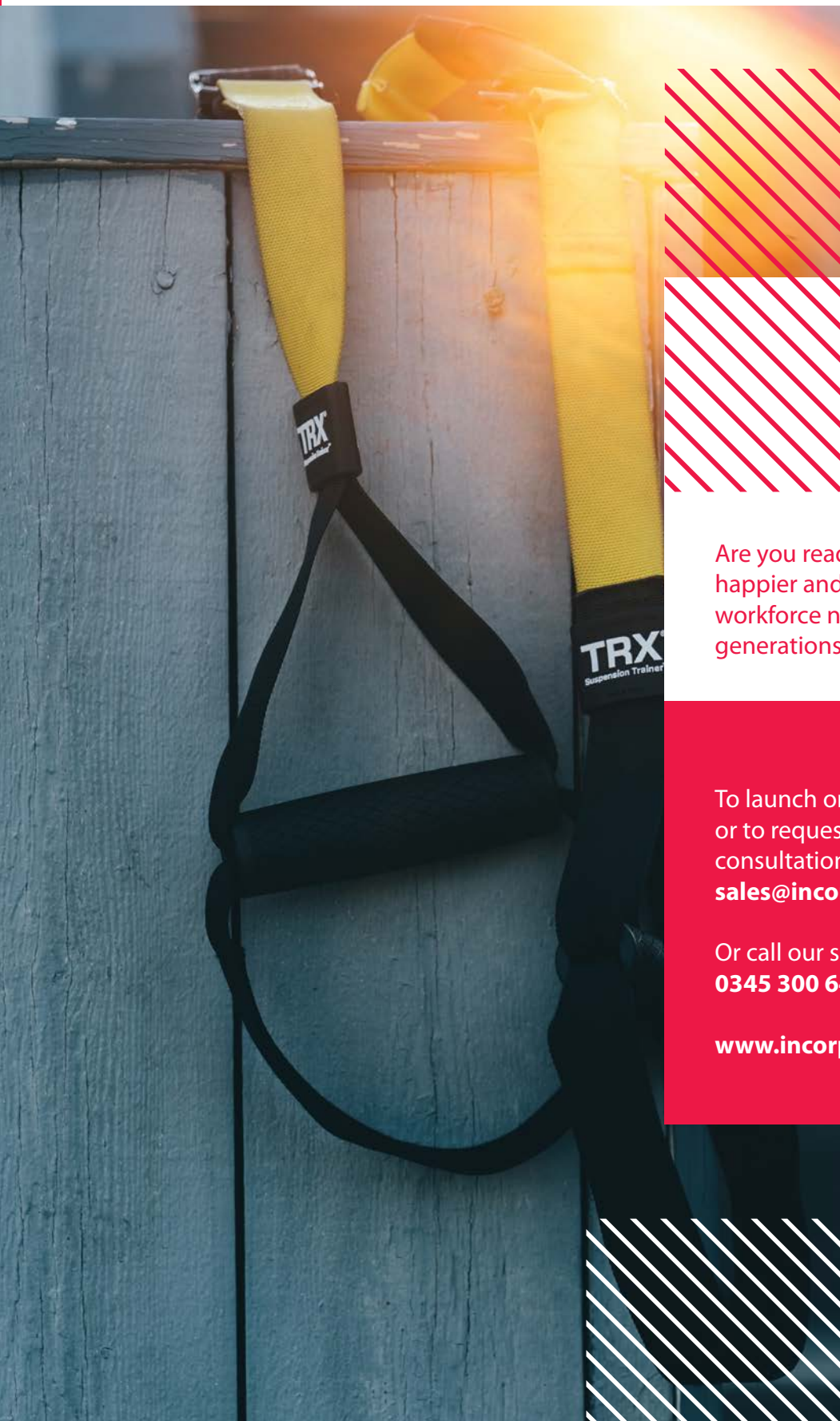
Can we help you create a fitter, happier and more productive work force now, and for future generations?

All our products come with a dedicated media portal where you can download posters, videos, flipbooks and flyers to promote within your company.

All our media can be branded to match your company, or benefit brand.

We can work with you to discuss the best media source for your employee base and where we can, give you analytics on what is working well and where.

www.gymflexmedia.com
www.mygymmedia.com
www.myactivemedia.com
www.myhealthmedia.co.uk



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

To launch one of our services or to request a free wellness consultation please email us at: **sales@incorpore.co.uk**

Or call our sales team on **0345 300 6474**

www.incorpore.co.uk



FITTER

HAPPIER



**MORE
PRODUCTIVE**



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