Helpful FAQs about VSP's GetFIT Program

Q: Why is VSP®, a vision care company, offering a wellness program?

A: VSP is about more than great eyecare. We're about overall health too. Maintaining a healthy body weight through diet and exercise can help decrease the risk for developing diabetes, cardiovascular disease, and many other chronic conditions that affect the eyes.

In 2005, we created the GetFIT Program for VSP employees. Since the program was implemented, we have seen great results in the form of substantial weight loss, increased activity, and a healthier workforce. We've experienced such great success with the program that we want to share it with others.

Q: What administrative work is required of my clients to launch and manage the program?

A: Your clients can decide how much work they want to put into implementing the GetFIT Program. We've designed it to require minimal effort, but your clients can certainly make it more robust. For suggestions, they can download **Questions to Consider** on the GetFIT page, on the Clients & Benefit Managers Resource Center at vsp.com.

Q: What are the benefits of implementing a wellness program in the workplace?

A: Wellness programs encourage employees to make choices that lead to healthier lifestyles. Healthy employees are more likely to have lower medical costs, lower absenteeism, and higher productivity—which can drastically improve your clients' bottom line.

Q: How much will the GetFIT Program cost to implement?

A: VSP's GetFIT Program and program materials are available to your clients and their employees at no charge.

Q: Do all of my clients' employees have to participate in order for them to offer the program?

A: No, this program was designed to be flexible to meet the unique needs of your clients and their employees. Your clients can offer it to all of their employees or to just a segment, or employees can access the tools on VSP's Eyecare Discovery Center at vsp.com on their own outside of work. And, the program is available to both VSP and non-VSP members!

GetFIT | vsp
A VSP Wellness Program | Vision care for life