

The VSP GetFIT ProgramSM

Bringing Wellness to Work



24 million

workdays lost per year due to hypertension*

15 million

workdays lost per year due to diabetes*

28% reduction

in sick leave absenteeism in organizations with a wellness program*

30% savings

in workers' compensation and disability costs in organizations with a wellness program*

Your clients now have an easy way to make their best business asset—their employees—even more valuable. It's the VSP GetFIT ProgramSM.

The GetFIT Program shows your commitment to overall health and wellness and complements VSP's Eye Health Management Program[®]. It's a 16-week program that your clients can customize to fit their employees' needs, and program materials are included with all VSP plans.

Program Components

Your clients can access a wealth of tools and support information on the Clients & Benefit Managers Resource Center on vsp.com, including:

- planning tools and ideas;
- employee program materials, calculators, and worksheets;
- helpful tips and healthy inspirations.

Why Wellness?

Healthy employees are more likely to have lower medical costs and higher productivity. On the other hand, those with multiple risk factors for disease are more likely to have increased healthcare use, higher absenteeism rates, and lower overall productivity—which can drastically affect your clients' bottom line.

Your clients' employees don't have to be VSP members to participate in the GetFIT Program. GetFIT materials are available for both members and non-members on the Eyecare Discovery Center[®] at vsp.com.

Visit the Clients & Benefit Managers Resource Center on vsp.com or contact your VSP representative for more information.