



Your wellness  
program for a  
healthier life

Livfit





## WHAT'S HOLDING YOU BACK?

Unhealthy eating practices, increasing stress at work and a sedentary lifestyle are all impacting our health. Already, 40% of the UAE population is overweight and 30% obese. 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 we all have barriers to overcome - 'I don't have time, I work late, I love burgers, I don't have the energy to workout'. These good excuses will only 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.

To start your wellness journey, take the simple assessment questionnaire, receive your personalized health report and discuss your goals with our wellness coach. You can then track your fitness plan via our mobile app, like our Facebook page, get inspired, 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?

It's  
time to **TAKE**  
**CHARGE**

## Your wellness program

### KNOW YOUR HEALTH



#### Health Report

Following a simple assessment questionnaire about your diet, lifestyle activities and daily routine, our personalized report will help you understand your current health status. Recognizing what you should improve is key to make lasting lifestyle changes for a healthier you.



#### Checkups

We have negotiated unique checkup packages for you at rock bottom prices. Screening for early detection and knowing your health stats can help you prevent illnesses before they grow into life threatening diseases. Book an appointment and check your numbers.

### GET INSPIRED



#### Wellness Coach

Our certified coaches are one call away to discuss your health report. They will motivate you to set goals and explain our various lifestyle programs. If more exercise is what you need, they will create a specific fitness plan accessible directly from the LivFit App.



#### Social Engagement

Like our Facebook page at MyLivFitSpace and get inspired to change your old habits. Through interesting fitness tips, nutrition advice and inspirational testimonials, we hope one of these posts will hit you the right way and trigger the change you know you need to make!



#### Wellness Awareness

The more you know, the more you can make informed decisions related to your health. Visit BuzzFit section at livfit.ae to read interesting articles on wellness and learn about various health issues with our simple fact sheets.



#### Challenges

Participate in our fun corporate challenges designed to promote physical activity and encourage healthy behavior. Make new friends, compete with your peers, and get rewarded. The LivFit app will enable you to keep track of your progress, see who is leading the charts and keep you motivated.

**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.**

### TAKE CHARGE



#### LivFit App

The easy to use 'LivFit Wellness' app allows you to follow the personal fitness plan created by our Wellness Coach. Moreover, you can track your moves, receive weekly status emails and compare your progress with friends or colleagues to keep you going.



#### Gym Facilities

Take advantage of special discounted gym packages as well as free trial passes at selected facilities. There are various locations to choose from, whether it is near your home or office, to take charge of your fitness.



#### Group Classes

Enjoy free weekly group classes at one of our selected gyms. Choose what you like best between yoga, pilates or circuit training. Try them all if you want, as long as your heart starts pumping! Simply register and get active.



#### Star Program

If your BMI is above 29 and you are determined to lose weight, the Star Program is for you. We will connect you with some of the best trainers and sponsor part of your program cost. The intensive training will involve exercise, nutrition and expert supervision to lose fat and increase muscle mass.



#### Stress Management

Wellness is not only about a healthy body but a relaxed and active mind too. Our free monthly stress management seminars will help you balance life, improve your mental well-being and cope better with everyday pressure.



#### Tobacco Cessation

You always wanted to save a life... why not yours? We have designed an exclusive program that includes discounts on nicotine replacement therapy, prescription drugs, hypnosis and professional advice. The choice is yours, but don't be late!

### OFFERS & DISCOUNTS



#### Partner Offers

We have partnered with various hospitals, pharmacies, and third parties to offer you discounts on complete range of health and wellness solutions including medical consultations, alternative medicine, checkups, fitness equipment, medications, and personal care products.



# STEPS TO WELLNESS

Visit	<a href="http://www.livfit.ae">www.livfit.ae</a>
Take the	online Health Assessment
Talk to our	Wellness Coach
Download the	'Livfit Wellness' App
Like us	<a href="https://www.facebook.com/MyLivfitSpace">f/MyLivfitSpace</a>
Participate in	Lifestyle Programs
Email us	<a href="mailto:info@livfit.ae">info@livfit.ae</a>
Call	04 230 2737

This document is for general information purpose. Various features, benefits, offers stated herein may or may not be applicable or offered to you. Please read, understand and agree to the detailed terms and conditions of the program available on [www.livfit.ae](http://www.livfit.ae)



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**CHARGE**

Stay inspired.  /MyLivFitSpace

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Oman Insurance Company (P.S.C.)  
Paid up Capital AED 461,872,125, C.R. No. 41952  
Insurance Authority No. 9 dated 24/12/1984  
Head Office: P.O. Box 5209, Dubai, United Arab Emirates  
Tel.: +971 4 233 7777, Fax: +971 4 233 7775, www.tameen.ae

