



On-demand access to exercise for global employers

Bring workouts to your employees – anytime, anywhere



The way people exercise is evolving, especially as workers increasingly work in a hybrid environment. Employers report 60% of employees work both in the office and remotely.¹

Optum partnered with Daily Burn®, a live and on-demand streaming fitness platform. This unique and innovative experience meets employees where they are, regardless of experience level or programme type.

An experience for everyone

With Daily Burn, equipment is not required, so employees are able to get started immediately without a high additional cost or long-term commitment. Employees have access to:

- 1,400+ fitness classes
- A new live workout class every day
- Equipment-free exercises
- Workouts delivered by well-known celebrities
- Video and audio-only workouts
- A personalised dashboard



3 in 4

companies surveyed have changed their health and wellness strategy in light of the COVID-19.²

Over 40%

of companies are considering adding virtual fitness classes.³

Wide-ranging model

Daily Burn complements our Optum philosophy of meeting people where they are, regardless of programme type, experience level or life-cycle stage. Programme examples include:

- True Beginner
- Fit Family
- Yoga for Mobility and Flexibility
- Spartan
- OX Black Fire
- Beautiful Belly
- Barre Harmony
- Yoga Made Simple

Daily Burn onsite

Daily Burn onsite makes streaming at the worksite possible. From the fitness centre to the conference room, or anywhere in between, employees will have access to **more than 1,400+ video and audio-only workout programmes**. Users can access a dashboard where they can set goals, track progress, schedule sessions and save workouts.



Stream a variety of content from a TV, laptop or mobile device at work or at home.

Learn how Optum can help you engage your employees and provide a fun and easy-to-use digital health experience.



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1. Optum 2022 International Wellness in the Workplace Benchmark Study
2. Optum 2021 International Wellness in the Workplace Benchmark Study.
3. Optum 2022 International Wellness in the Workplace Benchmark Study.

Daily Burn is available internationally in all markets except Russia, Mainland China and North Korea, with the following considerations:

- Daily Burn is only available in English.
- Daily Burn content contains individuals and attire considered culturally acceptable in the United States.

This programme is voluntary. The on-demand streaming fitness platform is not a substitute for a doctor's care. Consult a physician before beginning an exercise programme or making major changes in a diet or health care regimen.

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