

A result-oriented **Employee** **Weight Management program**

A unique Co-Pay model helped CGI achieve **80%**
adherence to the program

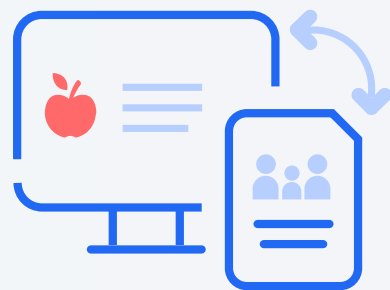


About Client

CGI is among the largest IT and business consulting services firms in the world. Operating in hundreds of locations across the globe, CGI delivers end-to-end IT services and solutions.

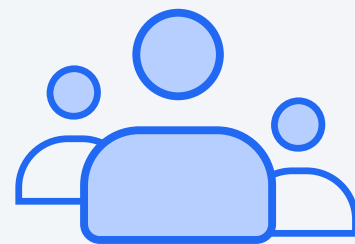
INDUSTRY

IT



EMPLOYEES

~14,000



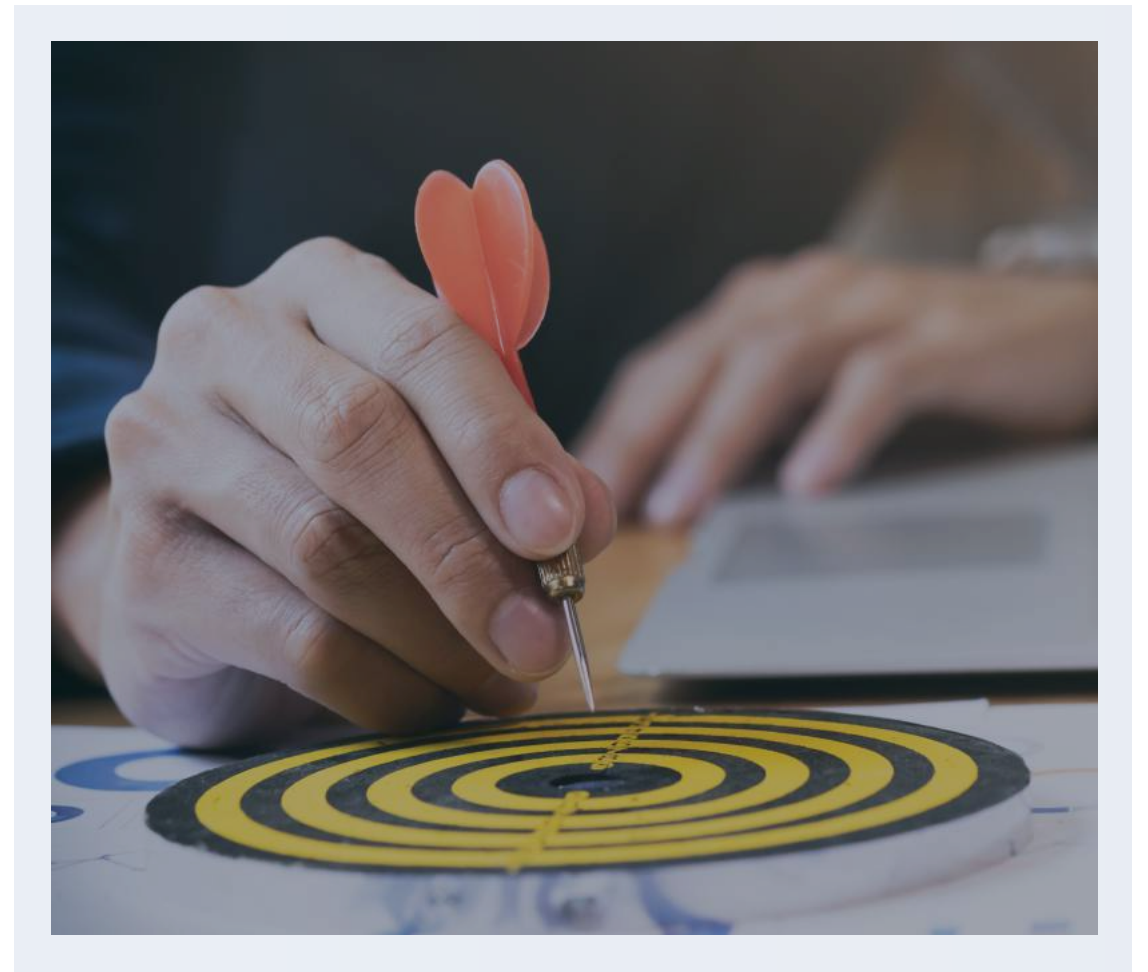
LOCATION

Mumbai



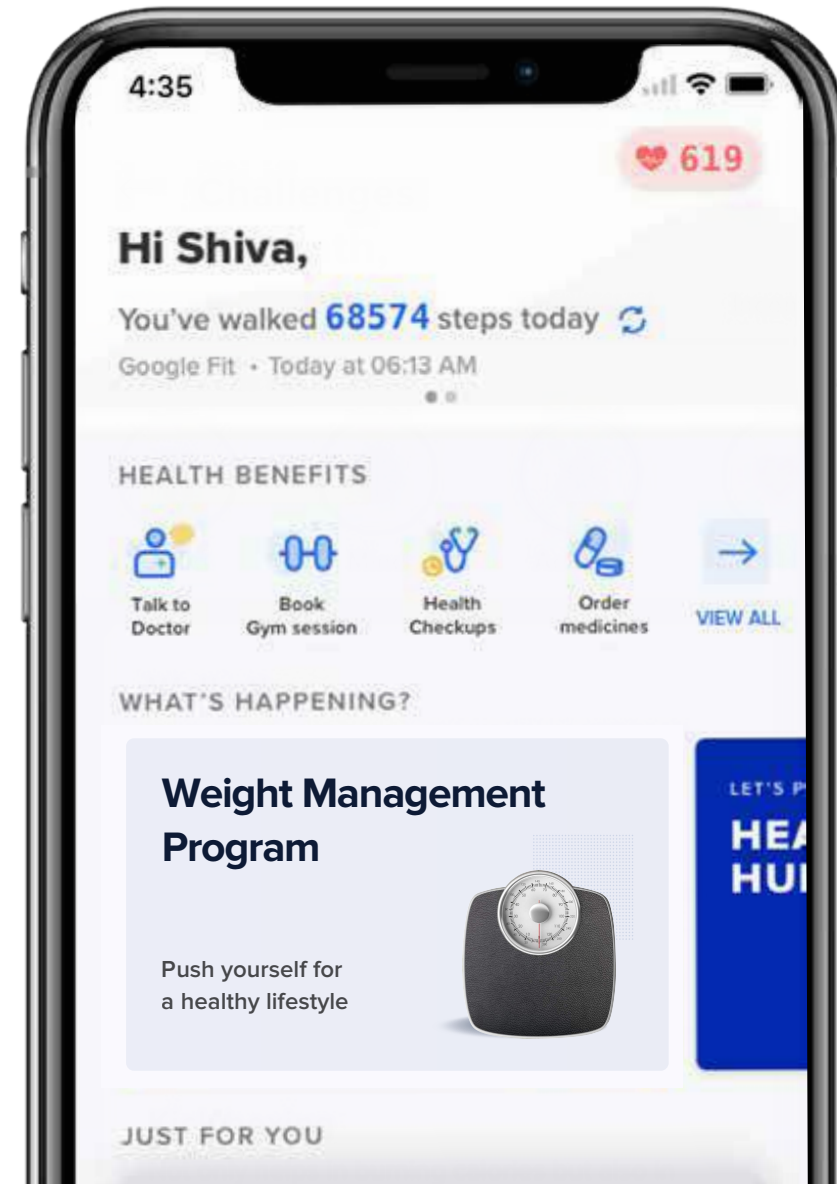
Business Challenges

As part of the employee health benefits package, annual health checks were offered to the employees. A consolidated health checks report was provided to the HR team, who then identified that a certain percentage of CGI employees had a skewed BMI index with a high risk for lifestyle disorders.



Proposed Solution

- Based on the health checks reports, 300 employees were suggested to opt for the weight management program wherein 157 employees registered for the same.
- A co-pay model of payment was given wherein CGI paid 50% of the amount and the employee had to pay 50%.
- As a result, we saw 80% adherence to the program while the industry average for adherence to any weight management program is just 40-50%.



An integrated weight management program built on clinical protocols.

The Approach

1



Set your goal

Tell us what you want and we will plan your health calendar.

2



Test your present condition

An expert doctor will understand your test reports and guide you.

3



Guidance from expert coach

Our fitness experts will chalk out a personalized diet and exercise plan.

4



Track you progress

Get regular updates on the next steps in your health journey.

5



See quantifiable difference

Unveil a new version of yourself. See measurable changes in your health.



Successful Outcome

ekincare recorded significant program utilization, which in turn resulted in higher employee engagement in the organization.

150

members participated
in the program

110 kgs

of total weight lost
during the program

38

participants completed
the program till date

13 kgs

is the highest weight
lost by an individual

About ekinicare

ekinicare is a patent-pending AI-powered integrated health benefits platform helping organizations and employees with a preventive, predictive and highly personalised healthcare solution

Top benefits on the platform

- ★ Digitized health checks
- ★ 24*7 doctor consultations
- ★ Mental wellness programs
- ★ Gyms & fitness services
- ★ Weight management programs

