



Most wellness benefits track activity. This one builds the habit.

Xenos Fit gives each employee a personal trainer, Casey, who builds a strength program around their goals, their schedule, and whatever gym they use, then adjusts it as they go. It works the same on-site, at a client location, or at home. Your organization sees participation numbers. It never sees anyone's training.

HOW IT WORKS FOR AN EMPLOYEE

1 Sign up with the link HR shares

An alias email and any first name are welcome. No identity check.

3 Get a personal plan

Built for the gym they actually use, ready before their first session.

2 Chat with Casey

By text or phone: goals, experience, schedule, equipment, limitations.

4 Train, check in, adjust

Casey is available any time, and the plan changes as they progress.

YOUR ORGANIZATION SEES

- How many seats have been activated
- What share of activated employees train each week
- Group totals only; any count under five shows as "fewer than five"

YOUR ORGANIZATION NEVER SEES

- Who signed up, or who trained
- Anyone's goals, workouts, or progress
- Injuries, limitations, or anything said to Casey

Employees can sign up under an alias and delete all of their data at any time, whatever the organization decides about the program.

Start with a 90-day pilot

SEATS Typically 20 to 25, sized to your headcount

BILLING One invoice, at day 30

YOUR TIME About 30 minutes across all 90 days

PRICING \$72 per seat for the 90 days, only for seats employees activate

SETUP HR shares one sign-up link. No employee list, no system integration

DECISION By day 75: extend, expand, or conclude

WHAT IT ISN'T

Not tied to insurance, health plans, or HR systems. No wearables or biometric data. No appointments to book. And it works where phones aren't allowed: employees can take a printed workout sheet into the gym.

Propose a pilot: xenos.fit/employers/pilot **Questions:** xenos.fit/employers/faq

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