HI//TRAINING

FOR EMPLOYERS & PARTNERS

BRING THE CHALLENGE TO YOUR PEOPLE.

A turnkey 12-week strength and longevity program for your people — a clinician layer plus real, progressive strength training, prescribed daily by HI//TRAINING and adjusted to each person's readiness. Built for home, on dumbbell or bodyweight tracks. No gym required.

12 WEEKS · ONE DEFINED COHORT	PER PARTICIPANT · ONE INVOICE	AGGREGATE-ONLY REPORTING

ONE PROGRAM. THREE DOORS IN.

THE ALTERNATIVE

For organizations that do not cover GLP-1 medications: testing, licensed clinician review, and structured strength training — a complete metabolic health program at a per-participant cost instead of a per-prescription cost.

THE COMPANION

For employees using GLP-1 medications obtained elsewhere: structured strength training and protein guidance to preserve muscle and function while the medication does its work.

THE OFF-RAMP

For people transitioning off GLP-1 medication: strength, protein, and progression structure for the months when weight regain risk is highest.

EVERYTHING IN THE 12 WEEKS.

PARTICIPANTS RECEIVE

Full-cohort HI//TRAINING access: a daily readiness directive and prescribed sessions; baseline and follow-up testing with licensed clinician review; a personal baseline and close-out summary; enrollment-code onboarding and program communications throughout. The sponsor covers access — participants pay nothing.

SPONSORS RECEIVE

Cohort sizing and launch planning; a ready-to-distribute launch kit (announcement copy, portal copy, manager talking points, QR poster); enrollment code administration; a week-6 aggregate participation update; a full aggregate outcomes report at close, and a review call.

A SIMPLE, SIX-STEP LAUNCH.

01 INTRO CALL
BOTH
Confirm fit, cohort size, and start date.

02 AGREEMENT
BOTH
One agreement; seats and success metrics agreed in writing.

03 LAUNCH KIT
US
Sponsor-ready materials delivered.

04 ENROLLMENT
SPONSOR DISTRIBUTES · US ADMINISTERS
Code enrollment; baseline testing scheduled.

05 THE 12 WEEKS
US
Daily programming; week-6 aggregate update.

06 CLOSE & REPORT
BOTH
Follow-up testing, aggregate report, review call.

No integration project, no eligibility file, no IT ticket. We need a named sponsor contact, your launch-kit distribution, and the cohort start date.

FOR SCALE: A 100-PERSON COHORT COSTS LESS THAN ONE YEAR OF GLP-1 MEDICATION — AT NET COST — FOR THREE EMPLOYEES.

START WITH ONE COHORT.

Cohorts run from 100 participants, contracted by seat. Success metrics are agreed in writing before launch; a full aggregate report lands at close; no obligation beyond the pilot. Pilot pricing is the standard per-participant rate, not a discount. Pricing is quoted in the intro call.

YOUR REPORT. THEIR PRIVACY.

Employers and partners receive aggregate, de-identified reporting only — never an individual's health data. Close-out reporting covers participation, completion, workouts, strength progression, baseline vs. close-out measures, and satisfaction. Groups smaller than 20 are suppressed.

LET'S TALK ABOUT YOUR COHORT.

HI//TRAINING is a product of FLO Group, Inc.
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Book a 20-minute intro call: calendly.com/hello-getyourflo/hi-training-intro-call
hello@getyourflo.app · getyourflo.app/employers

A training and longevity program — not condition management or disease treatment. HI//TRAINING does not diagnose or treat conditions, prescribe medication, or replace a participant's own clinician. Medication decisions stay with the participant and their clinician. No outcomes are guaranteed. GLP-1 cost comparison: U.S. list price of Wegovy $1,349/month (Peterson-KFF Health System Tracker, Aug 2023); estimated net cost ≈ $6,829/year for semaglutide (ICER Final Evidence Report: Treatments for Obesity, 2025, SSR Health data).