

All-in-One Wellness for Global Teams



All your wellness solutions together in one AI-powered hub, enhancing engagement, wellbeing, and retention while reducing healthcare costs through healthier employees.

Our 14+ Employee Wellness Solutions & Differentiators:

- ✓ **High-tech, all-in-one intuitive experience:** 14+ integrated solutions in a modern, intuitive app that's easy to navigate and engaging to use.
- ✓ **Truly global:** AI-driven translation supports 100+ languages, so employees experience the app and content in their own language, naturally.
- ✓ **Works seamlessly across:** MS Teams, Zoom, Slack, iOS, Android, and the web, backed by high customer satisfaction ratings.
- ✓ **AI-Powered Nutrition Tracker:** Photo-based meal logging made simple, to support healthier nutrition choices.

Our Solutions

Engagement & Wellbeing

Personal Coaching

Empower your team with 1:1 expert coaching across 15+ wellness areas, available in 30+ languages.

Wellness Challenges

Spark healthy competition across teams to keep people moving, connected, and engaged.

Rewards

Incentivize healthy habits by rewarding consistency and boosting participation.

24/7 AI Coach

Guiding employees with goal-based daily habits and practical recommendations.

Healthy Habits Tracking

Daily trackers (water, steps, sleep, mindful minutes, and more).

On-Demand Content, Audiobooks & Programs

Access to 4,000+ high-rated sessions across 12 wellness categories.

Health & Weight Management

AI-Powered Nutrition

Employees snap a quick photo of their meals to track nutrition and make healthier food choices.

Weight Management Program

Structured, coach-led weight management programs help employees build sustainable habits around nutrition and activity.

GLP-1 Access

Employees or employers can access discounted GLP-1 medication.

Global Gym Access

Give worldwide access to fitness classes and spa services through our partnership with ClassP.

Talent Retention & Culture

Counseling & EAP

24/7 confidential counseling and employee assistance (EAP) for life's major stressors and crises.

Employee Recognition

Celebrate wins and reinforce healthy behaviors to boost engagement, morale, and retention

Leadership Coaching

Incentivize healthy habits by rewarding consistency and boosting participation.

Connections & Dependents

Extend wellness benefits to your employees' partners, family members, and loved ones to deepen loyalty and support.

Available where you work:



Trusted by:



Aledade

Dexcom



snapLogic

zapier

chargepoint

SentinelOne

One of the Most Popular Microsoft Teams Apps



Why HR Teams Choose Us

✓ \$0 Setup Fee & Seamless Implementation.

Our refined transition process ensures your initiative is integrated smoothly and delivers value without administrative delay.

✓ Seamless User Experience

While competitors fragment their UX through acquisitions, we build from the ground up. This modern, high-tech design ensures a smoother experience and higher employee conversion.

✓ Pay-Per-Redemption Rewards

While other providers charge your entire rewards budget upfront, we only bill for the specific rewards your employees actually redeem.

✓ Nutrition Tracker: A High-Value Benefit

Employees love the convenience of a premium tool that allows them to cancel expensive personal subscriptions and save money.

Wellness Coach Inspires Engaged Workforces With Proven Effectiveness

98%

Personal Coaching
satisfaction rate

51%

Employee reported
engagement rate

96%

User reported
effectiveness score

Try it for your business!

[BOOK A DEMO](#)



Kelli is amazing! As our CSE, she makes managing our wellness program a breeze. She always has great ideas for engagement and is so easy to work with!

Lindsay Hudson, SPHR VP/Senior HR Business Partner