

# 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 ClassPass.

### 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.

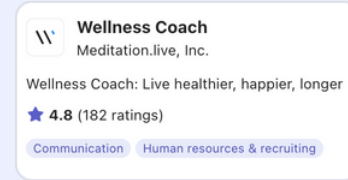
Available where you work:



## Trusted by:



## 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**