

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 Employee Wellness Solutions & Differentiators:





- ✓ **High-tech, all-in-one intuitive experience:** 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



Wellness Coach
Meditation.Live, Inc.
Wellness Coach: Live healthier, happier, longer
★ 4.8 (182 ratings)
Communication Human resources & recruiting



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.

✔ **Pay-Per-Redemption Rewards**

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

✔ **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.

✔ **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!
Scan QR to book FREE 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