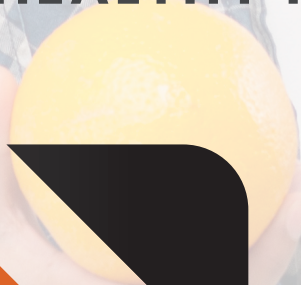




# Oh Well. Being

"HEALTHY PEOPLE, THRIVING TEAMS"



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## About



# Oh Well. Being

Oh Well Being is a comprehensive workplace wellness platform born from experienced burnout in the workplace and the need for an accessible, affordable and enticing way to improve wellness and engagement in organisations.

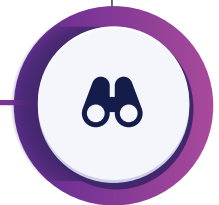
Our aim is to inspire then equip healthier, happier, connected, resilient and productive workforces. We focus on fostering a culture of well-being by combining engaging challenges, events, meaningful rewards, data-driven insights and reporting, tailored to the unique needs of modern organisations. We're on a mission is to transform workplace wellness into an effortless and enjoyable experience for employees, to empower organisations with a wellness platform that influences behaviour change, builds resilience resulting in measurable benefits for organisations and people.

### **Vision:**

Make wellness accessible, relatable and innovative. Be the catalyst for creating healthier workplaces and thriving teams worldwide, where employees thrive physically, mentally, and socially.

### **Mission:**

To empower and equip organisations with an accessible comprehensive wellness platform that positively influences behavioural change, builds resilience, incentivises and motivates employees to prioritise their health and sustainably perform at their best.





# Key Features & Services

Empower your well-being journey with on-demand content, education, and comprehensive data reporting. Engage in dynamic events, workshops, and personalized programs designed to inspire lasting change.

- 1 Workplace Wellness Questionnaire and Culture Audits
- 2 Tailored Coaching, Events and Workshops
- 3 Gamified Wellness Challenges
- 4 Integrated Rewards System
- 5 Comprehensive Wellness Insights, Data and Reporting
- 6 On-Demand Well-Being Content & Education
- 7 Customisable Programs
- 8 Seamless Tech Integration

# Why Chose Oh Well Being?

Oh Well Being is a comprehensive workplace wellness platform inspired by firsthand experiences of burnout and the critical need for accessible and effective solutions. We understand the toll that stress and disengagement can take on individuals and organizations, which is why we've created a platform that prioritizes well-being without complexity or high costs.

Our platform is designed to:

1. Engaging User Experience
2. Accessible Personalisation at Scale
3. Measurable Impact, Data and Reporting
4. Employee-Centric Rewards
5. Affordable Turnkey Wellness solution
6. Curated Wellness Experiences



Oh  
Well  
Being



# OUR HUB

Modern technology that provides customizable program options to help employees thrive

## Holistic Wellness Challenges

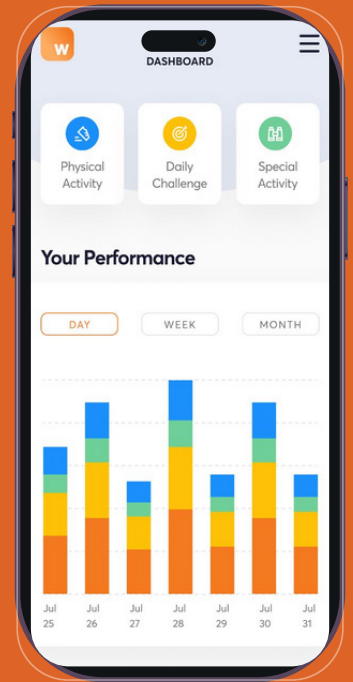
Fun, interactive, and customizable wellness challenges that promote healthy behaviors across multiple dimensions of health.

## Continuous Incentive Program

Support model to encourage long-term, ongoing behavior changes and contain health care costs.

## Support Health Initiatives

Use the self report functionality to reward people for getting physicals/flu shots, for submitting personal wellness assessments, and more.



## Engage Like Never Before

### Communications

Customizable emails, in-app Bulletin Board, branded flyers, push notifications, and benefits navigation tools.

### Rewards & Recognition

Global catalog of 800+ gift card brands with instant delivery for wellness program activities and other work-related milestones.

### App & Device Integrations

Direct connections to leading fitness apps and wearable devices (Apple Health, Fitbit, Garmin, etc.)

### Gamification & Community

Promote healthy competition through team challenges, leaderboards, and social interactions.

# Content & Events

Elevate your well-being with fitness, meditation, and holistic wellness events designed just for you.

## Communications

Hundreds of fitness and meditation classes from top instructors across the globe

## Communications

Multi-media (email, push notifications, and flyers) holistic wellness content

## Educational Presentations

Live webinars introducing a new dimension of well-being each month

## Self-Care Series

Live wellness classes, including meditation, stretching, trivia, and more...



# OH WELL BEING

Healthy people, Thriving Teams



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