

HEALTHY BODY & MIND DASHBOARD

he@lth
work

An online health & wellbeing program

This online education platform will support your employees when they need it, with easy access to a range of mind and body resources that will assist their health and wellbeing, whether working from the office, home or on the road.

For small organisations the dashboard and resources will provide a comprehensive health and wellbeing program that can be supported by workplace conversations.

For larger workplaces the dashboard and resources will support your broader health and wellbeing program.

Each monthly dashboard is themed and can be shared directly with your employees.

1. You can reach 100% of employees with internet access
2. It is easy to set up and implement (we will do all the work for you)
3. It is cost effective and environmentally sustainable
4. Employees will access the dashboard via a URL unique to your company and then access the information that interests them

Check out the features below to see how you can best support your workforce during these uncertain and isolating times.

ALL ANNUAL SUBSCRIPTIONS INCLUDE:

- Dedicated Client Relationship Manager
- Marketing Strategy & Plan
- Your Company logo
- Monthly engagement & support Report
- Access to your own back end reporting Dashboard

The Dashboard can be accessible to your employees within 48 hours of order.

[Click here to access a Test Site](#)

THE CONTENT

Each month is themed on a specific Health & Wellbeing topic, and your employees are encouraged to journey through the month to educate, empower and inspire themselves to make sustainable, improved health changes.

- Live Webinars, Cooking Demo's Podcasts
- Live stretching & mindfulness classes
- Self Challenges
- Information Flyers
- Recipes
- Videos

Wellness Library tile - where all the previous months content is house, so the Dashboard become a Wellness Library for your employees

Also included is our highly engaged Jump into Life Newsletter that cover all the National & International awareness days/weeks, and have supporting articles.

COST - 12 month Subscription

Your Employee Base	Cost
0-99	\$3,000
100-1500	\$4,500
1501-5000	\$8,500
5001-10000	\$12,500
10000+	\$18,500

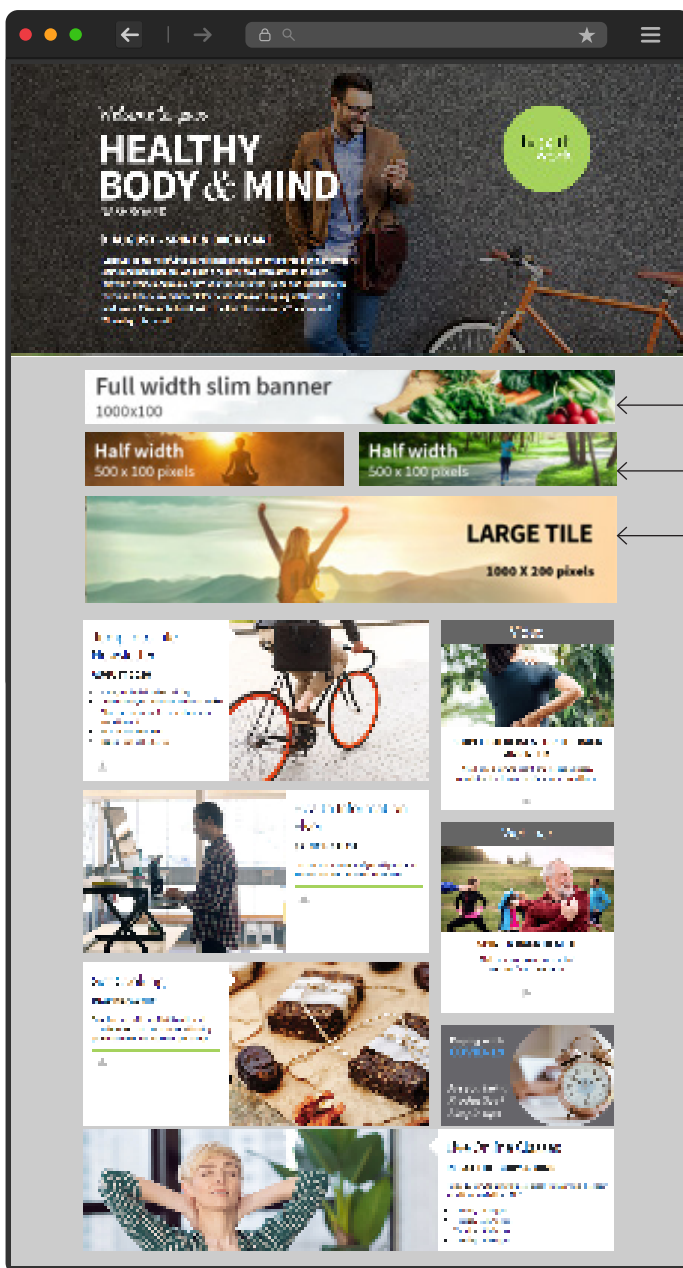
* we offer a NFP 15% discount on the Dashboard

CLIENT SPECIFIC TILES

A customised experience to suit your employee's needs

The Healthy Body and Mind Dashboard can be a single source of health and wellbeing information and education for your workforce. You can use your client specific tiles to:

- Promote your EAP provider
- Internal Health & Wellbeing programs or initiatives
- Other Health & Wellbeing affiliations
- Any additional programs



TYPES OF TILES

We offer three tile variations however custom tile sizes can be created upon request.

- ← **A - SLIM TILE Full width**
- ← **B - 2 X SLIM TILES Half Width**
- ← **A - LARGE TILE**

COST

Additional Tiles – per 12 months

Tiles	A	B
0-1500	\$500	\$750
1501 - 5000	\$750	\$950
5001 - 10000	\$950	\$1,200
10000+	\$1,200	\$1,450

ADDITIONAL COSTS:

- Link changes: \$75 per change
- Image changes: \$250 per change – H@W design
- Tile resize: \$75

For more information

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