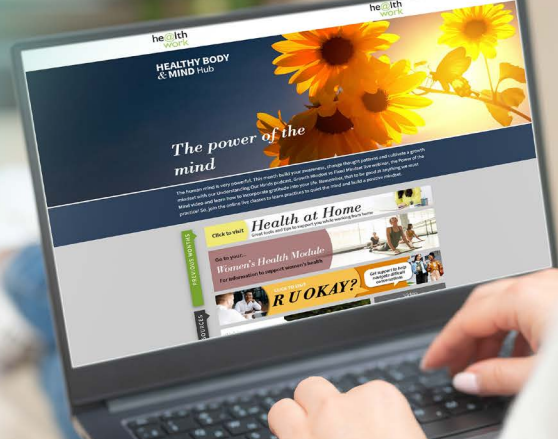


Healthy Body & Mind Hub



A health and wellbeing platform, that provides employees with a great range of engaging, easy to access, online resources, to support them any time or place.

Depending on your business needs, the Hub can be a comprehensive health and wellbeing platform supported by workplace conversations or, a central platform that supports your broader range of initiatives, for an integrated health and wellbeing program.

Subject matter experts

We work closely with select, qualified specialists and experts to source the most up-to-date health and wellbeing research; and curate relatable, engaging content to educate and inspire improved health and lifestyle choices.

Monthly campaigns

Each month, the magazine-style production is themed around a contemporary health and wellbeing topic, across our four health and wellbeing pillars – Mind, Body, Connection and Environment. Employees journey through the month to become aware, educated and empowered to embrace healthy lifestyle changes.

What's included

A great range of engaging resources to watch, read and do! We mix it up to keep things interesting, but each month consists of:

- live webinars
- challenges
- information flyers
- self-awareness quiz
- articles
- recipes
- podcasts
- live mind and body classes
- videos

Promote your own initiative

The platform can support branded banners that promote and link your employees to your other health and wellbeing initiatives.



“ It is wonderful as an employee to have the opportunities to learn and grow in these sessions. I feel valued because of them. Thank you. ”

Hub Essentials

- Simple to set up. Your own unique URL. No messy logins
- Easy, unlimited access to both the desktop and mobile-friendly version
- Reach 100% of employees with internet access
- Company branding with your business logo
- Free standard EAP promotional banner
- Communications toolkit for launch and ongoing
- Engagement guide with tips to maximise uptake and ongoing engagement
- Monthly employee engagement insight report
- Annual participant feedback survey
- Dedicated Relationship Manager to ensure a successful launch and ongoing experience
- Participant support for any questions your workforce may have

Hub Solutions

You get all the above as standard, and if you need some extra support, we've got you covered!

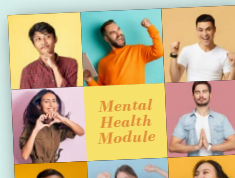
Our Solutions options provide additional support to ensure program success. Talk to us about how we can help with extra program engagement, customised communication, and program management.

Optional Add-ons

The Hub can be enhanced with topic-specific modules, dedicated to key awareness events.



R U OK? Day



Mental Health Month



Men's Health

Trusted by these leading businesses and many more



northern
beaches
council



Monash
Health

Minter
Ellison
LAWYERS



COUNTRY ROAD



Want to know more?

Please get in touch about this or any of our other health and wellbeing programs.

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