

REDMILL WELLNESS

POWERED BY HUMANOO

Corporate wellness solution



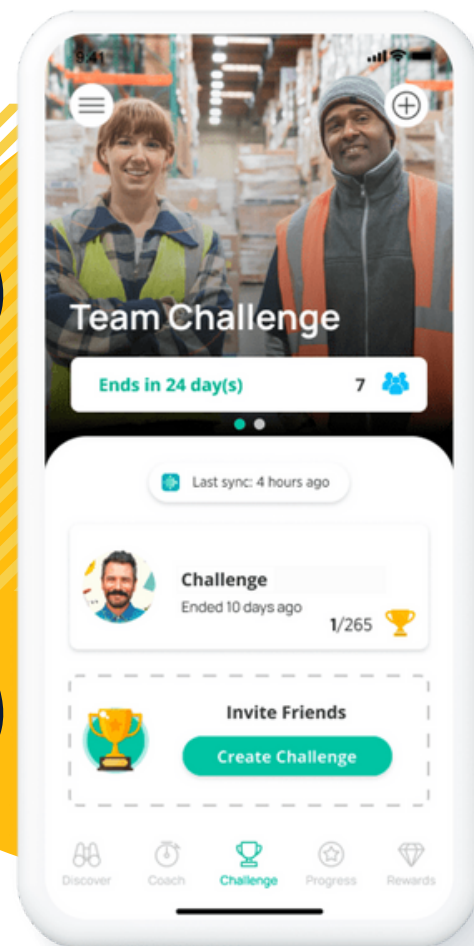
Taking wellness to new heights with 'Redmill Wellness'.

Allowing businesses of all shapes and sizes to join a motivational wellness movement!

An integrated approach to health and well-being can nurture heightened levels of employee engagement while fostering a workforce where people are committed to achieving organisational success.

Although an employer cannot be responsible for employees' general health and wellbeing inside and outside of work, creating a wellness focussed workforce will see the benefits in people being present, productive and engaged.

A growing trend in HR is to offer support and resources to their employees to improve their own health, wellbeing and fitness as a way of boosting morale and general employees' wellbeing.



“The latest official data shows that 32.5 million working days were lost to work-related ill health in 2019/20, with stress, anxiety and depression accounting for almost 18 million of these”

CIPD



Making company health stronger

Our digital wellness solution

Workforce wellness has become a core focus for employers in the last few years more than ever before. Businesses used to offer wellness solutions such as a discounted gym memberships and free fruit as a 'wellness perk' but now, there's a need for employers to look at this with a more holistic approach.

The challenges impacting UK employers are absenteeism, retention, and employee motivation along with mental health challenges and with the disruption from the last couple of years alone, it's stated we are now in a mental health crisis by many of the charities operating in this sector. Another area that's been shown difficulty in many organisations is retaining a team culture throughout hybrid working.

The Solution

When your team engages in healthy activities and as a collective, we start to see changes in overall energy levels and productivity. The integrated rewards system which is aimed to keep employees to stay motivated is a psychological backed motivational tool. The app can help build a sense of community through group activities and by having monthly or quarterly reporting meetings with your customer success manager, you will be able to monitor the overall morale of your workforce.

Problem Stats

49% of employees are saying they feel burned out.

Mental illness leads to £1 trillion loss in productivity.

Hybrid Working is the "New Normal". 62% of employees worldwide looking for hybrid and remote work solutions.

About the Product

Individual Experience

With our work-life balance app, you can create a calendar of what your day/week and month will look like by simply dropping activities into your planner. Whether it's starting the day reading a mindfulness blog, completing 30 minutes of yoga and then completing the day with a HIIT class and a nutritional recipe for dinner.

Coming soon is a section on coaching, where you will be able to schedule a 1:1 online session with a coach on various topics e.g. Stress, grief and loss, anxiety etc.

Community Experience

You can build workforce community through 'challenges'.

Challenges can help with overall motivation and engagement and can be scheduled by one key person or department or you can allow departments to do their own.

Run together with your colleagues in challenges against other teams and companies and strengthen the team spirit. Together we are stronger!

“It goes without saying that no company, small or large, can win over the long run without energised employees who believe in the mission and understand how to achieve it.”

Jack Welch – Former CEO of GE

The app hosts 3 sections

EXERCISES: Challenges and rewards



MINDFULNESS: Yoga and meditation



NUTRITION: Recipes for smoothies and mealtimes



Features & Benefits

With three core areas of the app, focusing on **exercise**, **wellness** and **nutrition**, everyone can combine the three in an easy way by building a weekly diary of all achievements for the week. You can build a real sense of community via the app with joint events in exercise or wellness areas. Everyone can gain points which in return is rewarded with incentives such as:

between 15-30% off at;

- Decathlon
- Adidas
- Nike
- Cash bonus
- More to come



Over 3,000 coaching sessions

Discover personalised workouts and physio exercises, as well as programmes for mindfulness, stress reduction and sleep.



Cash and other rewards

Receive attractive rewards for your participation in our courses and your health activities.



Challenges & Weekly Classes

Challenge your team with the Step Challenge and train with coaches every week.



500 recipes & nutrition programmes

Vegan, gluten-free or low-carb – discover recipes and find tips to help you achieve a balanced diet.

Team leaders or your HR team, anyone who is an administrator really, can communicate with the wider team through push notifications and in-app messages to achieve optimal visibility.

Technology

Integrate the app with any wearable device which helps track exercising stats daily which all counts towards rewards in the app.

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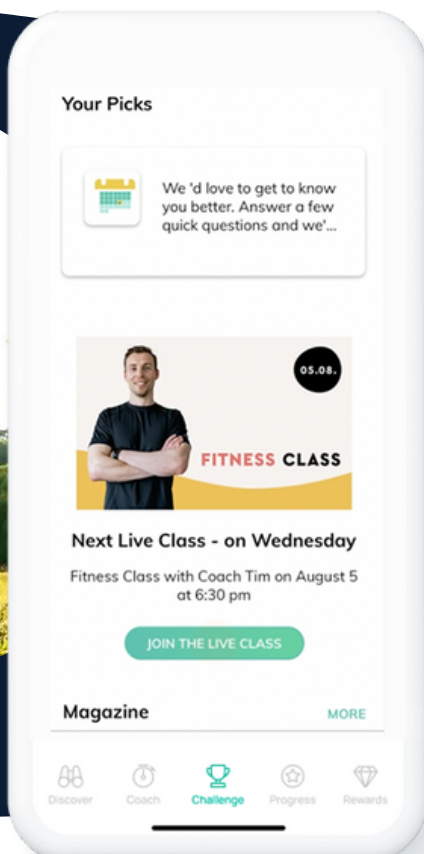
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Reporting

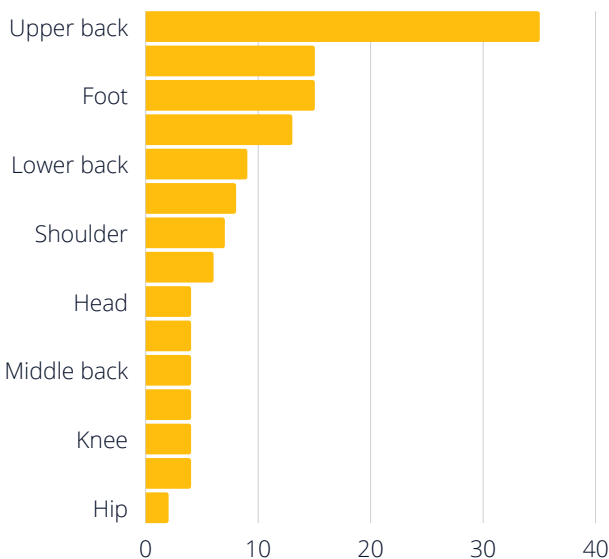
The customer success manager will populate monthly or quarterly (whatever works best for your business) reports on all activity in the app such as:

- Total activation rates
- Highest and lowest rates by department
- Focus points such as body parts
- Total steps
- User behaviour
- Overview of content interests
- Popular sessions
- And recommendations for further improvement

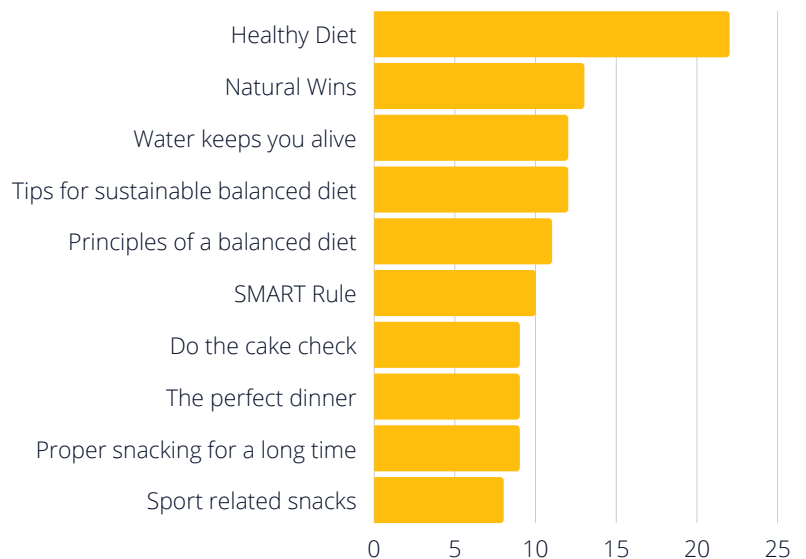
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Total Recorded Steps

We keep you informed of your employee wellbeing by using aggregated data. Their privacy is respected while you make better informed decisions.

Focus Points by Body Part



Most Popular Sessions: Healthy diet





Stronger Company Culture

We forge relationships between your teams, even when they work in different locations. We provide touch points that foster community spirit.



More Motivation

We help you achieve high participation rates for corporate health initiatives by ensuring all employees can access Redmill Wellness, whether they are in the office or at home.



Fewer Sick Days

We lower your costs by reducing sick days. How? When your team engages in healthy activities, we give them rewards that motivate them to stay healthy.

Summary

Our wellness solution sits nicely in your overall benefits package.

By teaming this wellness solution up with other health and insurance benefits you may already have, or employee assistance programs, it will create a well thought out employee benefits offering that will, in turn, differentiate your business in the market.

The app can easily be integrated into your company intranet for easy access and adding employees as and when is taken care of by our customer success manager.

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‘Organisations who take steps to promote positive mental health will experience benefits such as a stronger and healthier workforce, improved attendance records and higher levels of engagement. It will also encourage those who are suffering from poor mental health to speak to their line managers as they are aware of the positive perception of mental health in the organisation.’

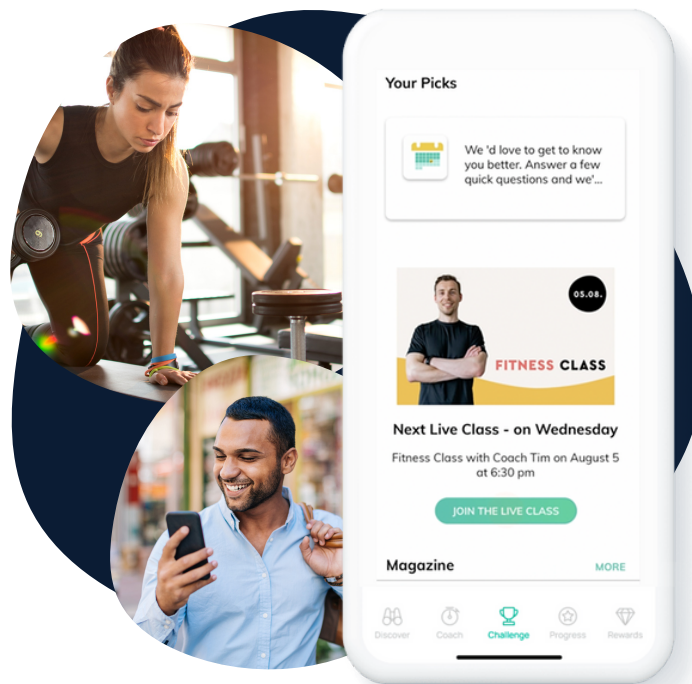
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Getting started couldn't be easier

We can work around your timeframes, however typically this is what you can expect from us.

- 30-minute call with your customer success manager on set up.
- A further call to ensure there's a communications and rollout plan.
- Then weekly or monthly check-ins to help with engagement and activation rates.

Find out more about us, key features and benefits of our digital wellness solution



Take the next step

Schedule a call to understand how our digital wellness solution can meet with the needs of your company's health and wellbeing.



+44 (0)131 541 227



hello@hrssorted.com