



wellavi

GUIDING PEOPLE AND EMPLOYERS FROM BURNOUT TO BALANCE

Wellavi is a comprehensive coaching platform focused on wellness and personal development that takes a whole-person approach to mental health.

Our proprietary framework, the Six Dimensions of Wellness, empowers individuals to improve their quality of life and boost their productivity in the workplace.

Employee burnout is real and people are feeling it:

- Stress, depression, and burnout
- Pandemic-related isolation
- Volatility in job satisfaction
- Rising cost of living and greater demands for employer benefits

More employees than ever before report feeling stressed, depressed, overwhelmed, and burned-out. Job satisfaction rates have reached a 20-year low, translating to low organizational loyalty.¹



12 billion workdays are lost every year to depression and anxiety at a cost of \$1 trillion per year in lost productivity.²

Depression and anxiety disorders cost over \$1 trillion to the global economy.³

Employers lose up to \$44 billion to depression.⁴

Business costs rise by 147% among employees who report difficulties with depression and stress management.⁴

Sources:

1. 20th Annual US Employee Benefits Trends, MetLife.
2. World Health Organization, September 2022
3. Mental Health in the Workplace, WHO
4. Mental Health in the Workplace Study, Wellable



Developing a mutually beneficial path forward

Innovators in HR are looking at benefits and beyond to adopt a more holistic view of employees' needs. A rich employee experience — featuring purposeful work, strong and inclusive workplace cultures, and attractive benefits — is essential to achieve talent management goals in this new chapter of the employer-employee relationship.

THERE HAS BEEN A REBALANCING OF POWER BETWEEN EMPLOYERS AND EMPLOYEES.



With an increased focus on employee well-being and the divergent needs of diverse subgroups, employers can drive better outcomes for the entire organization while also addressing the ongoing employee mental health crisis.

Providing better mental health resources and wellness benefits in the workplace is a critical first step. To ensure that people from all walks of life feel comfortable accessing company-sponsored mental health resources, business leaders must make a consistent and vocal commitment to destigmatizing mental health in the work environment.



INTRODUCING WELLAVI

Wellavi is a comprehensive personal wellness and development platform designed to help employees achieve harmony and balance at work and in their home lives.

Wellavi brings together assessment, monitoring, and development, taking a whole-person approach to workplace wellness.

The platform breaks employee well-being down into the Six Dimensions of Wellness, defined as:



The Six Dimensions of Wellness:

PROFESSIONAL WELLNESS

(your sense of work satisfaction)

MENTAL HEALTH WELLNESS

(your psychological and emotional wellness)

SOCIAL WELLNESS

(your support systems and sense of belonging)

FINANCIAL WELLNESS

(your and your family's current and future security)

INTELLECTUAL WELLNESS

(your talent, creativity, and curiosity)

PHYSICAL WELLNESS

(your physical activity, diet, and current lifestyle)



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HOW IT WORKS

Through 1:1 coaching with a certified professional, Wellavi users can tackle any challenge in private, personalized sessions.

Research shows that health and wellness coaching can result in long-term behavior change, and individuals who are able to make changes across multiple domains report higher well-being, quality of life, and satisfaction.

Other benefits associated with individualized wellness coaching may include:

GREATER CLARITY ABOUT LIFE CHALLENGES

BETTER MANAGEMENT OF STRESS, DEPRESSION, AND ANXIETY

MORE CONFIDENCE IN PROBLEM-SOLVING ABILITIES

HIGHER SELF-DISCIPLINE AND SELF-ESTEEM

QUALITY OF LIFE IMPROVEMENT



Our multidimensional view is now widely recognized as essential to employment relationships and effective business performance. It may also enable employers to stay ahead of rising employee expectations.





MENTAL WELL-BEING IS GOOD FOR BUSINESS.

Employers should care about employee mental health, simply because it's the right thing to do. That being said, the benefits of mental well-being in a workforce are strong enough on their own to make promoting it a sound business decision too.

Employers may see positive results as they implement wellness coaching benefits in the workplace, including:

- Increased workplace productivity
- Lower medical expenses
- Higher retention and morale
- Positive workplace culture
- Improved recruiting of high-caliber candidates

Source:

Green, A.W. (2020) "The Perceived Impact on Wellbeing After Health and Wellness Coaching — A Qualitative Evaluation."

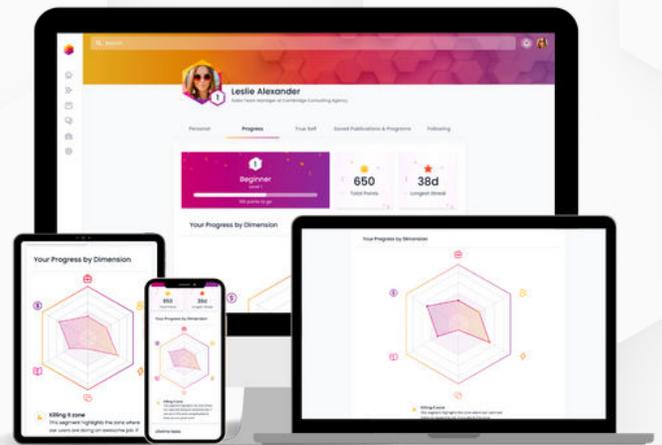




PERSONAL WELLNESS INSIGHTS REVEALED AND A PERFECT COACH MATCHED

Wellavi's TrueSelf and TrueCoach assessments help users elevate their FutureSelf by revealing meaningful insights, then matching needs with a perfectly aligned coach.

The TrueSelf and TrueCoach assessments are unique, science-based psychological tools for self-awareness, developed across 20+ years of clinical practice by psychologist and sociologist, Dr. J. Mensing.



TrueSelf is designed as a self-test for users that suggests the best fit for wellness coaching and programs based on cognitive and emotional needs and desires, leading to concrete coaching for optimal self-development.

TrueCoach takes the next step with Wellavi coaches. The proprietary matching intelligence finds the ideal fit between users and coaches, ensuring the highest quality experience for all.

Structured interviews to dig deeper into how you're feeling are sometimes invasive, expensive, and time-consuming.

Wellavi's proprietary TrueSelf and TrueCoach self-guided assessments deliver highly relevant insights to be used for self-improvement and to deliver the best coach and experience just for YOU.



**BE ON THE CUTTING EDGE
OF EMPLOYER SUPPORT.**

Wellavi's goal is to improve the quality of life for millions of individuals and enhance business results for enterprises, first in the U.S. and eventually worldwide



**Ready to GET
STARTED?**

We are currently welcoming a select number of individuals and enterprises to participate in our prelaunch.

Visit our website to learn more at:

WWW.WELLAVI.COM

