



Wellnessentially

Improve your workforce Health and Wellbeing

TRUSTED BY LEADING EMPLOYERS...



srd - media

OPERATIVE



Prysmian Group



TEILOR



... AND PLATFORMS



Wellbeing



AS SEEN IN



a.m



RomâniaPozitivă

wordspell



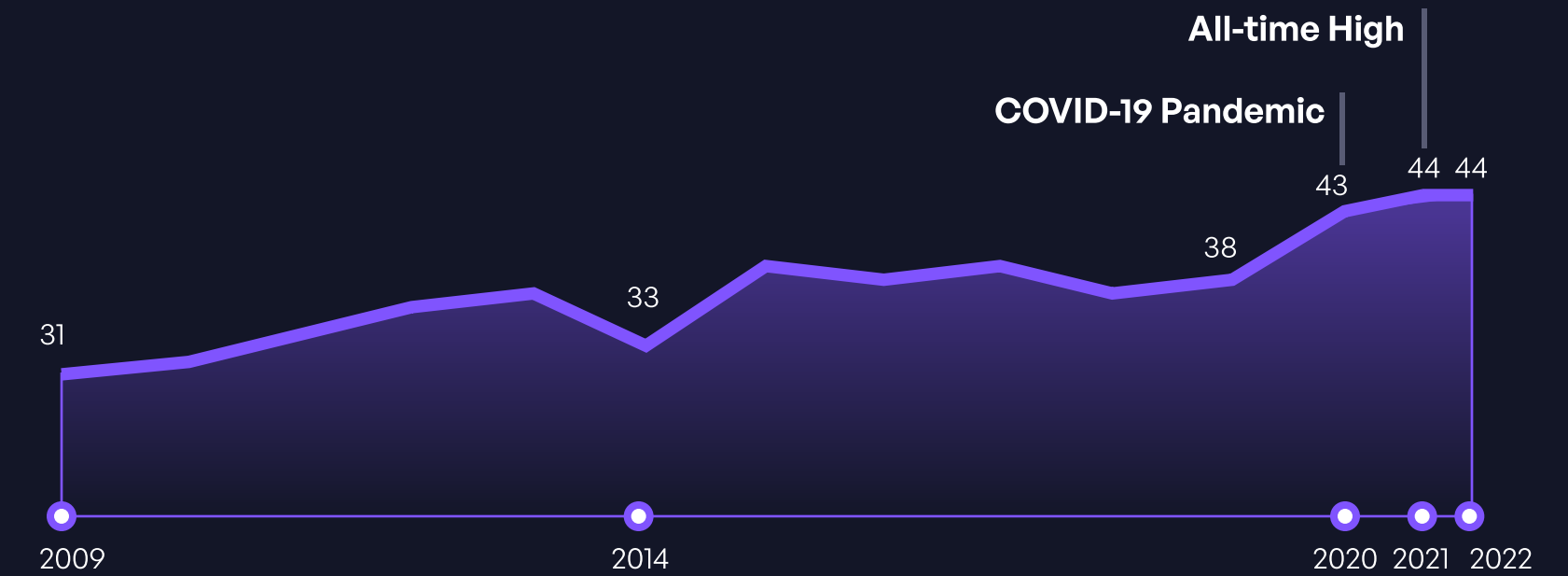
The current challenges of the Workspace climate

Source: State of the Global Workplace Report 2023

Employee stress remains at a record high

Worldwide, 44% of employees said they experienced a lot of stress the previous day. This is the second year in a row worker stress reached record levels.

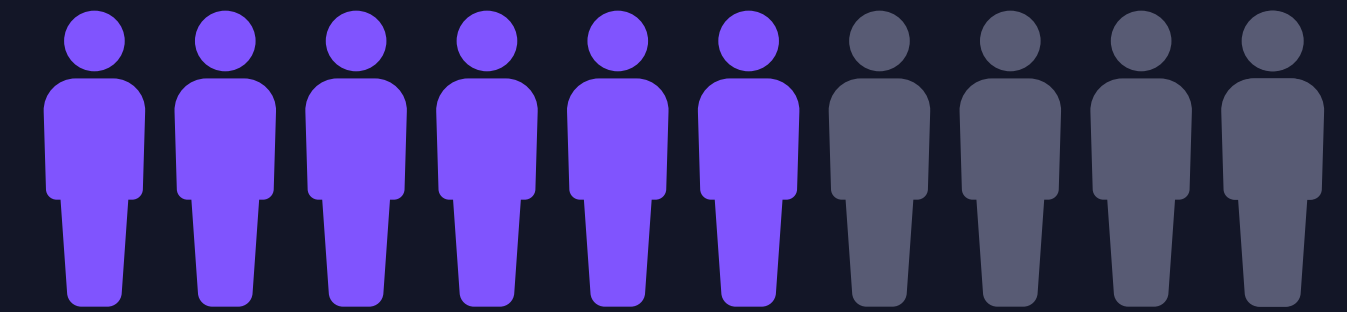
Employee stress rose in 2020, likely due to the pandemic. But employee stress has been rising for over a decade.



The majority of the world's employees are quiet quitting

Quiet quitting is what happens when someone psychologically disengages from work. They may be physically present or logged into their computer, but they don't know what to do or why it matters.

They also don't have any supportive bonds with their coworkers, boss or their organization.



Nearly six in 10 employees fell into this category.

"Quiet quitters" know what they would change at work

The most significant changes in their workplaces are primarily in engagement or culture, pay and benefits, and wellbeing.

These statistics reflect a growing demand for workplaces that offer not only fair compensation but also a supportive and growth-oriented environment.

41%

Engagement or culture

28%

Pay and benefits

16%

Wellbeing

How to Stay Ahead of this Trend?

- Cultivate a stress-free, mindful team environment
- Promote healthy habits and routines at work
- Encourage efficient planning and minimize procrastination
- Foster a sense of community among your team

Meet Wellnlessly

Unmanaged employee **stress** leads to **disengagement**, a **lack** of creativity, and low productivity.

Change this with Wellnlessly.

A cutting-edge digital platform that combines **gamification** with **wellness** to **combat employee stress** and **fortify company culture**, boosting creativity, productivity, and holistic well-being.



Sharpen Minds Boost Creativity

Stress isn't just tough on your team, it hits your bottom line hard. It's the cause behind the lack of productivity and empty desks.

Our wellness platform is the antidote. It's packed with simple mindfulness exercises that melt stress away and spark a creative fire in every employee.



Breathing Exercises



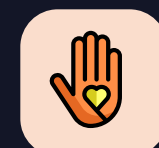
Gratitude Journal



Mood tracking




Motivational Quotes



Positive Affirmations





 **00:22:30**
Drink one glass of water

Boost Wellbeing with Healthy Work Habits

Healthy habits at work can have a significant impact on employee well-being and productivity.

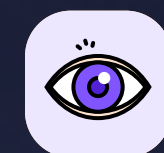
We arm your team with tools that turn good habits into daily routines, sharpening focus and supercharging engagement at work.



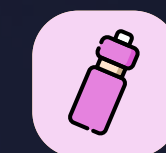
Workouts



Sleep Tracker



Vision

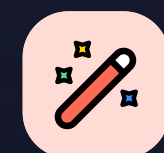


Hydration Tracker

Minimize Procrastination with Smart Planning

Procrastination is a major blocker to productivity, and inefficient planning can increase this problem.

The Wellnlessly platform offers smart tools to transform chaotic calendars into streamlined success stories, cutting procrastination and elevating efficiency.



Daily Habits



Social Activities



Pomodoro



1 MIN

Improve Sleep

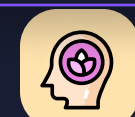
Get a better sleep by following a few steps



1 MIN

Mood Tracking

Track your Mood



1 MIN

Gratitude

Ground yourself in the present!



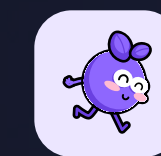
Transform Your Workforce into a Community with Team Challenges

A sense of community can help employees feel more engaged, supported, and motivated at work.

By engaging in wellness challenges together, your people will build stronger bonds and feel more connected to one another. When challenges arise, a united workforce isn't just happier; it's more resilient, creative, and effective.



Challenges



Stepathon



Social Feed

Corporate Wellness 365 Program

One year-round holistic wellness calendar, tailored to deliver the best employee experience and engagement.



Monthly Challenges

We have created a year long calendar filled with curated challenges and events that will promote a positive Company culture



Weekly Streak Raffle

Every user that manages to have a perfect weekly streak is automatically included in our weekly Raffle where they can win prizes and vouchers.



Looking out for the Environment

We will plant a tree for every user that reaches the last level of Joey.

<p>January LOOKING FORWARD MONTH</p> <ul style="list-style-type: none"> New Year, New You (1st - 14th) 2 Weeks Journaling Competition Blue Monday (17th - 23rd) 1 Week Savor Competition 	<p>February RELAXATION MONTH</p> <ul style="list-style-type: none"> Just Breathe (1st - 14th) 2 Weeks Breathing Competition Valentines Day (14th) 1 Day Social Activity Challenge Dragobete (24th) 1 Day Social Activity Challenge 	<p>March SLEEP AWARENESS MONTH</p> <ul style="list-style-type: none"> Dream Big (1st - 22nd) 3 Weeks Sleep Hygiene Competition Martisor (1st) 1 Day Social Activity Challenge Mother's Day (8th) 1 Day Social Activity Challenge Fruit Fiesta (15th - 22th) 1 Week Nutrition Challenge 	<p>April STRESS AWARENESS MONTH</p> <ul style="list-style-type: none"> Gear n' Go (1st - 15th) 2 Weeks Bike to Work Challenge Zen Zone (23rd - 30th) 1 Week Reduce Stress Challenge Earth day (22th April) 1 Day Savor Challenge
<p>May WELLNESS MONTH</p> <ul style="list-style-type: none"> Thrive Triumph (1st - 22nd) 1 Month All habits Wellness Streak Competition World Meditation day (21st) 1 Day Breathing Challenge No tobacco day (31st) 1 Day Breathing Challenge 	<p>June EMPLOYEE WELLBEING MONTH</p> <ul style="list-style-type: none"> Stepathon 100k (1st - 30th) 1 Month Steps Goal Competition Children's day (1st) 1 Day Social Activity Challenge Father's day (18th) 1 Day Social Activity Challenge 	<p>July SOCIAL ACTIVITIES MONTH</p> <ul style="list-style-type: none"> Connect & Conquer (1st - 15th) 2 Weeks Social Activities Competition Alcohol Awareness (3rd) 1 Day Hydration Challenge International Self Care (24th) 1 Day Savor Challenge World Friendship Day (30th) 1 Day Social Activity Challenge 	<p>August HYDRATION MONTH</p> <ul style="list-style-type: none"> H2Olympics (1st - 30th) 4 Weeks Hydration Challenge World Photo day (19th April) 1 Day Vision Challenge
<p>September WORLD GRATITUDE MONTH</p> <ul style="list-style-type: none"> Gratitude is Attitude (1st - 30th) 4 Weeks Gratitude Challenge World Gratitude Day (21st) 1 Day Social Activity Challenge 	<p>October STEPATHON 100K</p> <ul style="list-style-type: none"> Stepathon 100k (1st - 31th) 1 Month Steps Goal Competition World Mental Health Day (10th) 1 Day Breathing Challenge World Menopause day (18th) 1 Day Social Activity Challenge Halloween (31th) 1 Day Social Activity Challenge 	<p>November PRODUCTIVITY MONTH</p> <ul style="list-style-type: none"> Time Tamers (1st - 15th) 2 Weeks Pomodoro Challenge Stress Awareness Day (2nd) 1 Day Savor Challenge World Kindness Day (14th) 1 Day Social Activity Challenge Page Turner (15th - 30th) 2 Weeks Reading Challenge 	<p>December WELLNESS ADVENT CALENDAR</p> <ul style="list-style-type: none"> Wellness Advent (1st-25th) 25 Days of Wellness Challenge Human Rights day (10th) 1 Day Social Activity Challenge Christmas (25th) 1 Day Savor Challenge

STEPathON 1st Edition - October 2022

Endava



301
Active



450
Participants



1.560
Size

Teilor



62
Active



87
Participants



354
Size

Operative



17
Active



24
Participants



108
Size

Kautex



14
Active



21
Participants



96
Size

Softelligence



41
Active



51
Participants



132
Size

Magna



47
Active



70
Participants



362
Size

Prysmian



40
Active



48
Participants



284
Size

D&S Global Solutions



1
Active



5
Participants



108
Size



686
Total Participants



523
Finished the Race




105.945 km
Total Distance






823
Virtual Trees*

STEPathON 2nd Edition - June 2023




Softelligence

 35 Active	 41 Participants	 132 Size
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Kautex

 12 Active	 13 Participants	 96 Size
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Prysmian

 20 Active	 23 Participants	 284 Size
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Magna

 30 Active	 35 Participants	 362 Size
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 112 Total Participants	 97 Finished the Race
 22.533 km Total Distance	 175 Virtual Trees*

Why us?



Engaging Gamified Experience

We gamified wellness, sparking a fun, addictive drive to stay active and connected.



Holistic Wellness Approach

More than just a fitness tracker, our platform nurtures mind, body, and social connections for all-around health.



Flexibility

We adapt to fit your company's unique needs perfectly.



Efficiency

Our platform is impactful and easy to use.



Data-Driven Insights

Track health patterns easily and use those insights to craft smarter, more effective wellness plans.

The Founders



Cristi Minica

CTO

10 years in product development
& web software development.

Wellness Community
Manager at Toptal.



Radu Carlig

CEO

10 years in product development &
mobile development.



Improve your workforce Health and Wellbeing.

[Book a demo](#)

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