

Unparalleled Wellbeing Engagement



Today's employees need a sense of wellbeing that transcends their personal and professional lives — and they want to feel empowered by their employer to care for their health and happiness. In order to take the small steps required to create and sustain long-term healthy habits, they need accessible tools, trustworthy guidance, and rewarding motivation.

Keeping employees feeling healthy, happy, and connected in 50+ countries worldwide, Grokker's wellbeing engagement solution meets employees where they are with personalized, on-demand programs integrating all 5 dimensions of wellbeing — inspiring them to move more, eat better, sleep soundly, support their emotional health, and calm financial fears — along with the support of an active user community.



Grokker delivers what matters most to today's workforce wellbeing program admins and employees:

75%

Increase in Active Users YoY

386

Wellness Minutes per User
Monthly

25%

Average Registered Users per
Enterprise (>5k ees) Customer

“Was ready to pay \$15/month for a fitness app and another yearly fee for a meditation app and potentially even signing up and paying for a dance exercise app. Grokker combines all of these fitness and meditation options, plus it offers so much more.”

— Flight Attendant, Delta Air Lines

“Grokker is a program that scales globally for us so we're able to promote the benefit to every office, which is a huge win for us!”

— Benefits Program Manager, Pinterest

“[Grokker] motivates me to keep going - small steps - and be kind to myself. I'm setting small goals and I look forward to being a more healthier me! So glad CVS/Aetna offers this program!”

— CVS Health employee

The Grokker Difference: Built for Wellbeing Engagement

- **Something for everyone.** Employees can access videos and programs that address their specific health and wellness needs — regardless of their skill level, abilities, and goals.
- **Available anywhere, anytime.** Employees can access Grokker's content and community on-demand from any connected computer, device, or streaming service.
- **Built for engagement.** Grokker sparks and sustains ongoing activity and enthusiasm with elements of gamification, such as streaks, levels, badges, and challenges to create a sense of personal achievement and encourage friendly competition. Plus, integration with wearable devices makes it easy to incorporate off-app activity.
- **Supportive Community.** Employees enjoy camaraderie and encouragement from peers and over 130 subject-matter health experts and instructors in Grokker's digital user community.
- **Expert Guidance.** Easy-to-follow, and motivating, our credentialed health and wellbeing experts from around the world deliver guidance, advice, and inspiration.

Send us a question: wellbeing@grokker.com

Talk to our team: [408-876-0802](tel:408-876-0802)

Book a demo: go.grokker.com/book-a-demo