

GROKKER FOR ENTERPRISES

Video wellbeing for the modern workforce

With “business as usual” being reimagined as a result of the COVID-19 pandemic, employees have made it clear that they want and need a sense of wellbeing that transcends their personal and professional lives. No matter where in the world they find themselves — working from home, on the road, or at a traditional workplace — they value access, flexibility, and connection more than ever before.



Exercise



Mental Health



Sleep



Nutrition



Financial wellbeing

Keeping employees feeling healthy, happy, and connected in 50+ countries worldwide, Grokker 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.

Whether you’re launching a new wellbeing initiative, augmenting an existing platform with engaging content, or replacing multiple point solutions, Grokker brings personalized, holistic wellbeing to a diverse and dispersed global workforce. And as a result of feeling valued, connected and well, they are more resilient and more engaged with their work — for the long-term.

Inspiration and perspiration on-demand. Upbeat, easy-to-follow, and motivating, our credentialed health and wellbeing experts from around the world deliver guidance, advice, and inspiration. Including...



Sue Mah

Registered dietitian,
nutrition entrepreneur &
media coach



Pace and Go

Health, fitness &
rehabilitation
instructors.



Manisha Thakor
MBA, CFA, CFP®

Personal finance expert
& author



Catherine Wikholm

Clinical psychologist,
author, & speaker



Angelo Dela Cruz

Health advancement
advisor

Enterprise companies love us.



4,000+ Videos. 100+ Programs.



Something for everyone. Employees can access personalized programs that address their specific health and wellness needs — regardless of their skill level, abilities, and goals. Our patented HD video programs are fully contextual and personalized, taking into account each individual’s physical health, mental/emotional health, and social connectedness to deliver content that’s a perfect fit.

Available anywhere, anytime.

Employees can access Grokker’s content and community on-demand from any connected computer, device, or streaming service. With the ability to engage around-the-clock from virtually anywhere — at home, in the office, or while traveling — users’ wellbeing routines won’t skip a beat.



About Grokker

Grokker is the award-winning video wellbeing solution that meets employees where they are with personalized programs customized for their interests, abilities, and goals. Integrating all five dimensions of wellbeing — fitness mental health, sleep, nutrition and financial wellness — Grokker helps employees feel and perform their best. Available anytime, anywhere, on any device, Grokker makes it easy and fun for employees around the world to increase their health and happiness with consumer-grade HD video content delivered by credentialed experts and supported by an active user community.

Trusted by industry leaders including Pinterest, eBay, and Aetna, Grokker offers a contemporary, affordable approach to building happier, healthier and more productive workforces.

Learn more at www.grokker.com.

