

Conquer the “Great Resignation” with competitive wellbeing benefits

An essential consideration for your 2021 budget!

As many as 95% of employees are considering changing jobs, according to a recent Monster report. Not only did the pandemic create a global stress epidemic that put mental health on everyone’s priority list, but it gave employees the opportunity to re-evaluate what’s most important to them and whether or not their careers (and employers!) are helping them live their best lives. During the transition to the post-pandemic workplace, many workers would rather vacate their jobs than just resume the “old normal” of slogging to the office every day.

No longer constrained by location and interested in more than a paycheck, workers are quitting their jobs in unprecedented numbers in search of purpose, belonging, and balance — and they’re expecting their employer to support their whole-person, mind-body wellbeing.

As you evaluate your remaining 2021 benefits budget — including any wellness credits you need to use by the end of the year — make sure you’re giving your workforce access to the wellbeing resources they want and need.

Send us a question wellbeing@grokker.com

Talk to our team 408-876-0802

Book a Demo grokker.com/demo-signup

41% of the global workforce is weighing leaving their current employer this year. (Microsoft)

1 in 5 workers changed their line of work entirely over the past year — half say those changes are permanent. The top reasons:

27% work-life balance

26% better compensation

26% trying something new
(Prudential)

59% of employees are likely to remain loyal to their current employer if health and wellbeing benefits are provided. (MetLife)

Half of workers report that their employers are not currently supporting their physical wellbeing, and 1/3 of employees aren’t currently receiving emotional wellbeing support from their employers. (Grokker Innovation Labs)

55% of workers have left jobs in the past because they found better benefits or perks elsewhere. (Randstad US)

73% of professionals say a company’s health and wellness offerings influence their decision to work there. (Robert Half)

Attract and Retain Today's Workforce with a Hyper-personalized and Inclusive Wellbeing Engagement Solution

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.

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

"I honestly can't remember a company perk anywhere that I have enjoyed so much or gotten so much out of."

"Thank you so much! Grokker is the best app that I have ever downloaded and has gotten me so much more interested in bettering my body."

"Thanks for bringing this program to us. I have thoroughly enjoyed Grokker. I follow several of the instructors and have really enjoyed their routines. Good stuff."

"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 my company offers this program!"

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