

IMPROVING EMPLOYEE HEALTH & PRODUCTIVITY

AmWell offers health-tech solutions that improve performance and resilience at work.

Using self-monitoring solutions, we help employees get a deeper understanding of how they work and recover. We then use this understanding to develop personalised action plans.

The evidence based solutions are specifically developed for:

- **High risk teams:** protecting teams that are under significant pressure
- **Key talent:** developing critical self-management skills for business leaders and top talent
- **People managers:** helping people managers and HR staff raise awareness among broader employee groups

HOW DOES IT WORK?

Our solution consists of two key components: monitoring technology and coaching programs.

- **Our monitoring solution** consists of wearable sensors and reporting tools developed by market leader Firstbeat. The solution has already been deployed by over 1,000 companies including Unilever, Goldman Sachs and BMW. With over 100,000 individual measurements, employees can benchmark themselves against similar profiles.
- **Our programs** range from one-off workshops to twelve month programs. Our standard eight week program starts and ends with a three day measurement to track progress and support the case for further roll-out.

The reports from the three day measurement include a detailed overview of experienced stress levels, recuperation levels and activity (see below) and form the basis for individual and group coaching.

Example from a three day report

▲ Stress reactions ▲ Recovery ▲ Physical activity ▲ Daily physical activity — Heart rate — Missing heart rate 4%



CONTACT US

If you want to know more, visit our website www.amwellatwork.com or send an email to info@amwellatwork.com.