



An Evidence-Based Solution for Employee Turnover and Stress Reduction

PROGRAM HIGHLIGHTS

- Participants complete stress temperature check called the Mood-5® (M5®) scale.
- Each employee participates in up to 15 minutes of wellness activities each day.
- Employees select from scientifically validated cardio, cognitive, and centered breathing activities (3 C's).
- Exercises can be completed at home or work, with minimal breaks in daily routine and workflow.
- Launch materials and engagement resources including a DEI toolkit.

ROI AND COST SAVINGS

- Mitigates turnover risk and the associated costs including recruiting, onboarding, and training new employees.
- Stress reducing benefits for both work related stress and overall general stress.
- Bolster employee retention and engagement to improve productivity and overall financial performance.
- Attract top talent with inclusive wellness programming.
- Strengthened relationships with supervisors resulting in improved satisfaction with the organization.

REPORTS AND ANALYTICS

- Turnover cost analysis with easy to navigate performance improvement planning.
- Customized dashboard to track employee engagement.
- Actionable reports detailing 15 For Me® program performance.
- Engagement analytics to promote inclusivity and elevate employee experience.
- Data driven model to measure integration and sustainability of program.