



Pandemic Recovery

Overcoming workplace
mental health hurdles
through digital wellbeing



Since the start of the **COVID-19** pandemic, **42%** of employees globally have reported a **decline in mental health**¹.



Forbes

“Symptoms of burnout are increasing among employees and leaders alike, according to press reports.”

Edward Segal

Leaders and employees are burning out at record rates: New survey.²
- Published February 17 2021 -



“WHO estimates that depression, anxiety disorders and other conditions cost the global economy \$1 trillion per year in lost productivity.”

World Health Organisation

Mental health in the workplace³
- Published January 22 2019 -

pwc

“Australian business will receive an average return of \$2.30 for every \$1 they invest in effective workplace mental health strategies.”

PWC

Creating a mentally healthy workplace⁴
- Published May 20 2014 -



1. Kelly Greenwood and Natasha Krol, “8 ways managers can support employees’ mental health,” *Harvard Business Review*, August 7, 2020, hbr.org.

2. Edward Segal, “Leaders and employees are burning out at record rates: New survey,” *Forbes*, February 17, 2021, forbes.com

3. Dévora Kestel, “Mental health in the workplace”, World Health Organization, January 22 2019who.int.

4. https://www.headsup.org.au/docs/default-source/resources/beyondblue_workplaceroi_finalreport_may-2014.pdf

Mental health support, in-your-pocket

Through personalised health experiences, digital solutions can offer therapeutic approaches and support positive behavioural change, on scale.

Accessible anytime, anywhere and on demand. Digital solutions are convenient, easy-to-use and anonymous.



EFFICACY OF E-HEALTH

Recent research has demonstrated e-health interventions can be effective in improving employee's mental health and effectiveness.¹



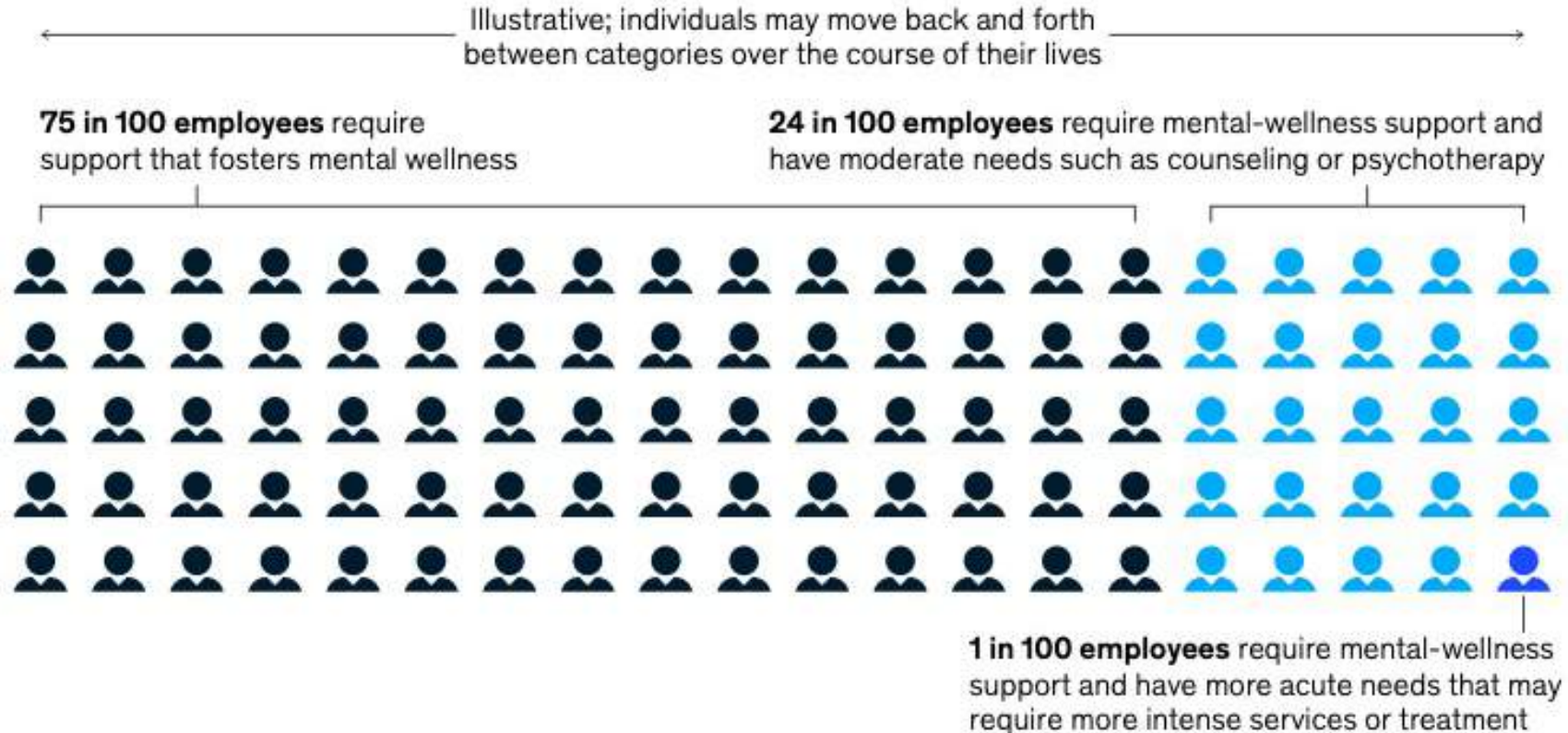
SYMPTOM REDUCTION

Cognitive-behavioural therapy (CBT) over video and apps with programs for treating depression and anxiety have both been reported to reduce symptoms.²

1. Stephany Carolan, Kate Cavanagh, and Peter R. Harris, "Improving employee well-being and effectiveness: Systematic review and meta-analysis of web-based psychological interventions delivered in the workplace," *Journal of Medical Internet Research*, July 2017, Volume 19, 7 Issue 7, e271, jmir.org.
2. Per Carlbring et al., "The efficacy of app-supported smartphone interventions for mental health problems: A meta-analysis of randomized controlled trials," *World Psychiatry*, October 2019, Volume 18, Issue 3, pp. 325-36, onlinelibrary.wiley.org.



Mental health continuum, mental wellness to acute illness



Source: Definitive Healthcare (2019); Enrollment Projection Tool; Truven commercial data set (2018); McKinsey analysis



Your employees personalised, digital mental wellbeing coach.



Full wearable integration



Clinically validated wellbeing assessment questionnaires



Team and individual challenges



Mental health interventions and EAP referrals



Full Intrinsic and extrinsic rewards and recognition



Personalised digital coaching



Social feed and notification system



Event schedule for all health events





Introducing, **Mind-your-step**

A mental health program, co-scripted with Deakin's School of Psychology

Based on neuroscience and clinical psychology, mind-your-step presents fundamental education across stress, anxiety and depression fortified with strategies and tools including mindfulness, thought-control, sleep and gratitude to build more coping tools and resilience for the modern employee.



How Mind-your-step works

A total of 12 animated content modules can be unlocked, guiding participants through tips on how to increase mindfulness.

- | | |
|---------------------------|------------------------|
| 1. Mind-Body connection | 7. Anxiety |
| 2. Stress | 8. Depression |
| 3. Focus | 9. Relationships |
| 4. Sleep | 10. Perspective |
| 5. Willpower | 11. Connecting online |
| 6. Burnout and resilience | 12. Chronic conditions |

[Click here to watch the video](#)



Introducing, **Mind-your-stress**

A mental health program, co-scripted with Deakin's School of Psychology

Based on neuroscience and clinical psychology, mind-your-step presents fundamental education across stress, anxiety and depression fortified with strategies and tools including mindfulness, thought-control, sleep and gratitude to build more coping tools and resilience for the modern employee.

How Mind-your-stress works

A total of 12 animated content modules can be unlocked, learning how to manage stress and use it to fuel your productivity and build resilience.

1. Understanding Stress
2. Stress Response
3. Patterns of thinking
4. Sleep & Stress
5. Mind, Body & Environment
6. Problem focused coping
7. Emotion focused coping
8. Social Support
9. Behaviour
10. Changing perspectives
11. Healthy habits
12. Lifestyle

[Click here to watch the video](#)



Mental health focussed engagement programs



OUTCOMES

By the end of these courses, participants will have learned how to:

- Understand the relationship between mind and body
- Build mental resilience to overcome adversity
- Sharpen focus and maintain clarity
- Recognise signs of anxiety, burnout and depression



BENEFITS

By the end of these courses, participants will have learned to:

- Developing positive health habits
- Improved physical conditioning
- Increased mental clarity and coping ability
- Nurturing a health-oriented bond with workmates



Delivering **real value** to clients and partners

Some of the clients and partners that trust wellteq to deliver on the healthier and happier promise.



"wellteq is helping Qantas lead the way in . The data and insights the platform provides have helped us innovate and begin to understand the value that wearable technology can apply in the airline context".



Chief Medical Officer, QANTAS



Wellness | Health | Engagement | Analytics



EMPOWERING YOU

A 24-7 administration control centre

Core platform features

- Engagement
- Userbase profiling
- Lifestyle habits – activity, sleep, stress
- Nutritional habits
- Mental health status

Real people, real results.

 **31%**

Net increase in engagement

 **1 in 2**

People feel reduced stress*

 **28%**

Net increase in resilience

 **10%**

Reduction in company stress profile *

 **46%**

Wake up feeling more refreshed

 **1 in 3**

People reduced their intake of alcohol



Client results from various sample sizes from 100 up to 1,000 users across countries within Asia Pacific (APAC)

*Correlated with wearable data



Start a journey of **healthier and happier employees** from just \$1 a week

- 3 months unlimited access for everyone in your organisation
- Cancel anytime for a full refund, no questions asked
- 2 x 30-day mental health e-learning programs, co-scripted with Deakin University's School of Psychology
- Complete suite of co-branded launch material
- 20% discount on Garmin wearables



Thank you

Empowering healthier and happier people, *everywhere.*

For any questions, please contact:



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Wellness | Health | Engagement | Analytics