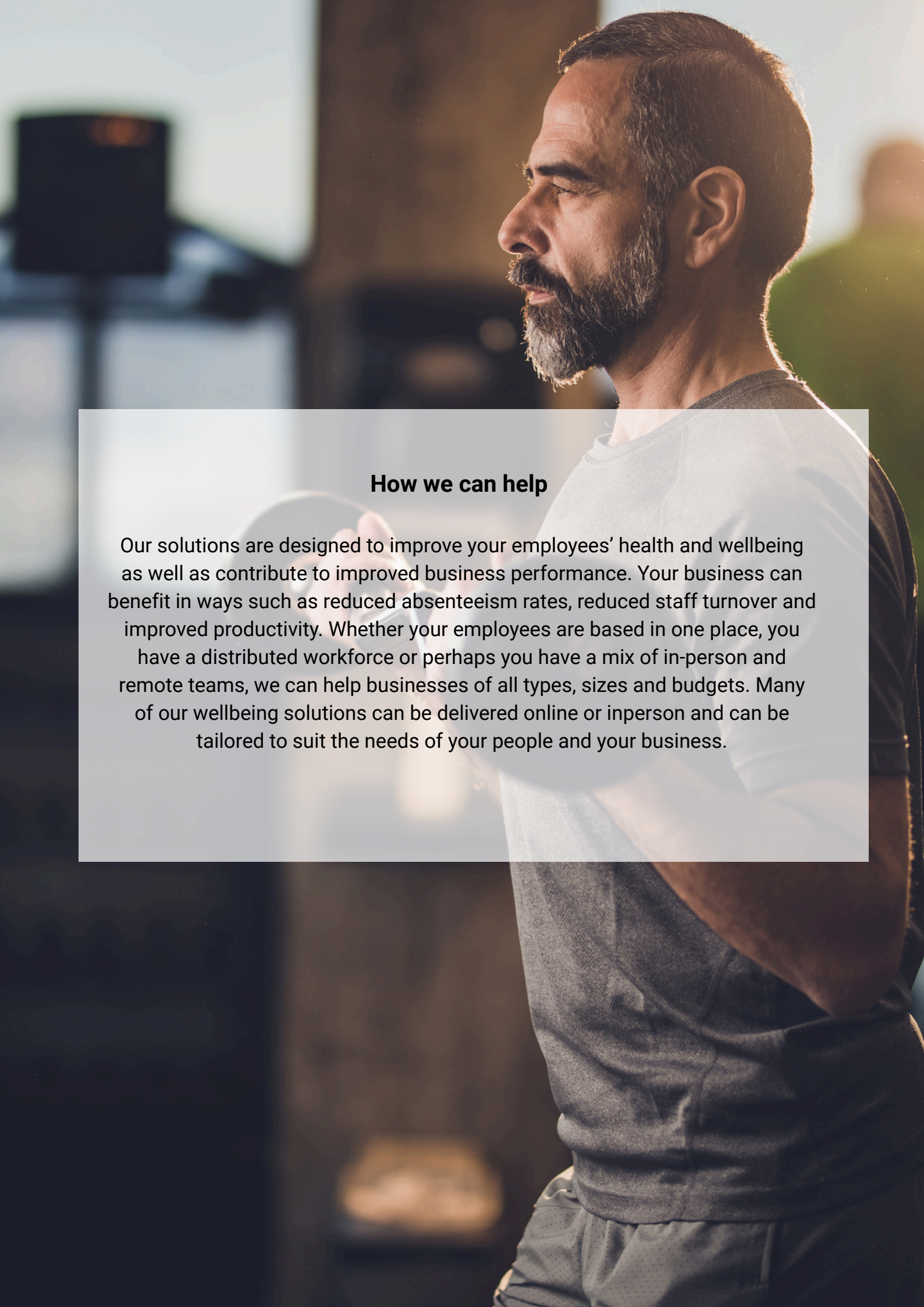




HIGH FIVE
HEALTH PROMOTION

Employee Wellbeing Solutions

Our workplace wellbeing solutions are designed to improve employee health and wellbeing whilst contributing to better business performance.



How we can help

Our solutions are designed to improve your employees' health and wellbeing as well as contribute to improved business performance. Your business can benefit in ways such as reduced absenteeism rates, reduced staff turnover and improved productivity. Whether your employees are based in one place, you have a distributed workforce or perhaps you have a mix of in-person and remote teams, we can help businesses of all types, sizes and budgets. Many of our wellbeing solutions can be delivered online or inperson and can be tailored to suit the needs of your people and your business.

Webinars and workshops

A range of webinars and workshops to support your employees' mental and physical health. The sessions aim to build their confidence through development of skills and techniques and ensure they are engaged and productive at work.

Available as one-off sessions or as a series of sessions tailored to your business' needs to complement your wellbeing strategy.

- Eating for your health
- Affordable and good food
- Better sleep
- Breathing techniques
- Control your hormones
- Wellbeing for men
- Menopause and the workplace
- Proactively managing your vitality
- Increasing your resilience
- Reducing stress with mindfulness
- The power of positive thinking
- Mental Health Toolkit
- Working together more effectively
- Managing your perfectionism
- Managing parenthood and work
- Priorities and planning

Events and clinics

A range of unique events and clinics that connect people and promote a healthy lifestyle.

Our events and clinics are a great way to improve cooperation between employees. By moving together, employees get to know each other in a different way and work together towards a common goal. This leads to better communication, a stronger team spirit and higher productivity.


- HIIT/Bootcamp
- Core-/Circuit training
- Yoga/Pilates
- Boxing
- Tai Chi/Qi Gong
- Running
- Self-defence
- Soccer
- Zumba
- Active breaks/Pop-up
- Smoothie cycling
- HAKA workshop
- Sports/games day
- Padel
- Basketball
- Pickleball
- Beach volleyball
- Skateboarding

Health checks

Health checks designed to give your employees the insight to make informed lifestyle decisions. Our health checks allow your people to take a proactive approach to health and wellbeing and reduce health risks. From 10-minute checks where blood pressure, exercise behaviour and body composition are tested, to 20-minute lifestyle checks that also include cholesterol and blood glucose analysis

- Confidential 1-2-1 appointments with an experienced coach
- Personal reports for each employee along with advice for making positive lifestyle changes
- High level report showing participation levels and your overall organisational health profile

What's included	10-minute health check	20-minute health check
Blood pressure	✓	✓
Resting heart rate	✓	✓
Height, weight and BMI	✓	✓
Body fat percentage	✓	✓
Visceral fat	✓	✓
Muscle percentage	✓	✓
Exercise behaviour	✓	✓
Total cholesterol	✗	✓
Blood glucose	✗	✓
Long function	✗	✓



**Jump on board and join the
vitality movement**

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Or speak to your accountmanager