

Wellbeing solutions via Swiss Life Network

GLOBAL EMPLOYEE BENEFITS SOLUTIONS

A healthy workforce, the key to a company's long-term success

International companies need to overcome many challenges to ensure sustainable performance and remain competitive in today's world. While a productive workforce is always the key to a company's success, the accelerating pace of change and increasing workplace challenges mean that employees are expected to work longer hours under greater performance pressure.

This growing trend is becoming increasingly important for companies, regardless of industry, leading to employee absenteeism, substandard performance and lower productivity.

Swiss Life Network supports and advocates the improvement of overall wellbeing through partnerships with innovative and unique vendors, designed to complement and strengthen existing employee benefit solutions and ensure a healthier and more productive workforce. For employees' self-determined journey to a healthy life.

Benefits of wellbeing at work

- Increased motivation and productivity
- Higher staff retention and job satisfaction
- Decrease in sickness absence and presenteeism
- Reduction in employee benefits costs
- Positive impact on company reputation

A holistic approach to wellbeing for a better talent strategy

Wellbeing is now at the heart of the concerns of leading companies as a business imperative and a growing expectation among the talents that companies are most eager to approach, recruit and retain.

Many new wellbeing solutions have emerged on the market to meet new expectations including innovative programs and tools for financial wellness, mental health, healthy diet and exercise, mindfulness, sleep and stress management, as well as changes to culture and leadership behaviors to support these efforts.

Swiss Life Network's selection of partners offers online apps and tools that allow employees to easily assess, monitor and improve all aspects of health.

1change

1 change delivers a science-based holistic Resilience Program to all levels within global organisations with a focus to increase resilience, build capacity and optimize performance in all aspects of employees' lives.

- Offer: The Resilience Program handled via the online app in combination with in-person workshops and individual measurements.
- More info: www.1change.co

dacadoo

dacadoo develops and operates a digital health engagement platform that helps people lead healthier and more active lives through a combination of motivational techniques from behavioral sciences, online gaming and social networks, as well as AI and automated coaching. Based on over 300 million clinical data, its patented real-time Health Score makes health individually measurable, providing users with a unique engagement experience, while also offering dacadoo's corporate clients an effective way to measure the true health impact of wellness programs.

- Offer: Mobile-first digital health engagement platform that helps people live healthier, more active lives through a combination of motivational techniques.
- More info: www.dacadoo.com

DNAfit

DNAfit is an award-winning global genetics company owned by the Prenetics group offering a wide range of easy-to-use genetic products that eliminate the guesswork from your health, fitness and nutrition.

- Offer: A range of tests focusing on specific genetic markers related to fitness and nutrition, as well as personalised genetically-matched diet and training plans to help employees achieve their health and fitness goals faster, with long-term sustainable results.
- More info: www.dnafit.com

Limeade

Limeade is a global software company that elevates the employee experience and helps build great places to work. Recognized for its own award-winning culture, Limeade helps every employee know their company cares.

- Offer: The Limeade ONE platform which combines four HR solutions - wellbeing, engagement, inclusion and communications - into one integrated platform to give employees a consistent and comprehensive user experience.
- More info: www.limeade.com

Medigo

Medigo provides and facilitates access to quality international healthcare worldwide through its global provider network.

- Offer: Global CARE Cover, a second medical opinion and medical concierge. It has advantages for patients and payers to avoid unnecessary treatments, improve treatment outcomes, generate cost savings and make education healthcare choices.
- More info: www.medigo.com

nudge

nudge is the world's leading financial wellbeing platform. Its global technology integrates news, data and behavioural psychology. 100% financial product free, nudge gives people the skills and knowledge to maximise financial opportunities, overcome financial problems and make managing money stress free.

- Offer: a platform that coaches you to take action on your finances and feel in control of your life. Including a personalised financial education feed, prompts and money management tools.
- More info: www.nudge-global.com

Sensely

Sensely's avatar and chatbot-based platforms assist insurance plan members and patients with the insurance services and healthcare resources they need when they need it. Sensely's global teams provide virtual assistant solutions to insurance companies, pharmaceutical clients and hospital systems worldwide.

- Offer: Assists insurance plan members and patients with the insurance services and healthcare resources they need when they need it through avatar and chatbot-based platforms.
- More info: www.sensely.com

Salus Optima

Salus Optima develops personalised Health and Wellness solutions for partners, employers and employees. Its products provide holistic human performance recommendations for healthier life, work and play. The core technology leverages years of R&D, tackling real problems that people face in their everyday lives. By democratising access to best-science and training methodologies to the population, Salus Optima empowers people by giving them greater control over their own health and wellbeing.

- Offer: Designed by pre and postnatal health and fitness experts, and developed in collaboration with mums from all walks of life, Biamother is a simple to use smartphone app that helps support new mothers and mothers-to-be as they navigate their way through pregnancy and the first few years of parenthood.
- More info: biamother.com

Tictrac

Tictrac is a global Health Engagement company. Its mission is to build the world's most engaged wellbeing community. Tictrac works with leading insurers, employers and government bodies to engage their communities in their daily wellbeing. Tictrac's unique combination of data-driven analytics with a proactive campaign led engagement approach, ensures continuous, long-lasting user engagement that delivers positive behaviour change across vast and diverse user groups.

- Offer: Empowers individuals to take more control of their health and wellbeing via a mobile app that gives a personal experience that motivates them and leads to better health choices.
- More info: tictrac.com

Workplace Options

With more than 35 years of experience, Workplace Options offers emotional, practical and physical wellbeing support to employees and their families around the world. From 15 Global Service Centers and through a network of more than 83,000 providers, WPO serves 100,000+ organizations and their more than 65 million employees in over 200 countries and territories.

- Offer: Emotional, practical and physical wellbeing assistance to culturally sensitive employees as well as work-life services for multinational employees and their families, including consistent service delivery, reporting and quality regardless of location.
- More info: www.workplaceoptions.com