

**The first step in a wellbeing strategy is assessing where you are.**

**The online health assessment is a complimentary service we offer that will allow you to:**

## **STATUS**

Find out what is level of your organisation's wellbeing, giving you a first stake in the ground

## **FACTORS**

Understand the key drivers behind your organisation's wellbeing

## **PERSONALISE**

Tailor your wellbeing strategy based on your employee's needs

# *track\_changes*

## **TRACK**

Understand the ROI of your wellbeing strategy by using it as a tracking tool

[vc\_custom\_heading text="WHY WE ARE DIFFERENT"

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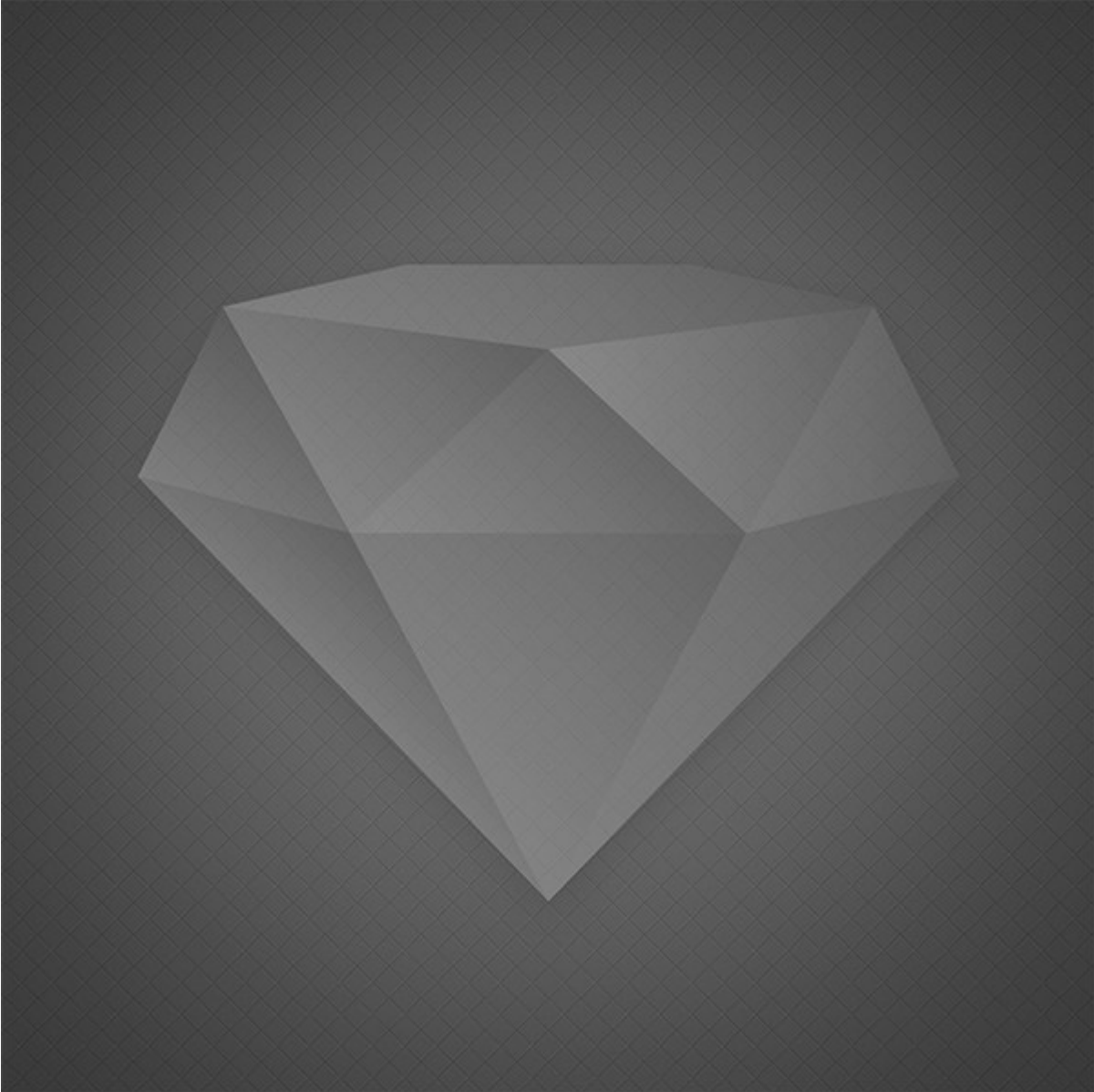
We use Functional Medicine principles which reveals the "why" behind present and potential future chronic illnesses and address the cause for each individual. We are all different and therefore we cannot have the same approach in treatment.

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The assessment looks into 8 drivers of wellbeing: diet, energy, stress, exercise, immunity, pollution, cardiovascular and digestive health.

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Slice and dice the data by gender, age group, department and job title, giving you deeper insight into who needs more support.



Contact us to understand more about this complimentary service and kick start your wellbeing strategy

[Get in touch](#)