



## Wellspace - Wellness Application & Portal

AIG recognises that the current and future employment landscape can create challenges around wellbeing and the need for employers to have a robust wellbeing programme. That's why we have partnered with WellSpace, a forward-thinking corporate wellbeing provider of health and wellbeing digital solutions.

**74%** OF UK ADULTS STRESSED

UP TO **£45bn** PER YEAR

### The Challenges

- 65% of us are anxious about returning to the office (BUPA 2020)
- Extended sitting or lying down in the daytime increases risk of heart disease, type 2 diabetes and cancer – and costs the NHS £700m (British Medical Journal 2019).
- 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope (Mental Health Foundation 2021).



The future employment landscape can create challenges around wellbeing

### The Cost

- The cost of poor mental health to employers rose by 17% in 2019 up to £45 billion (Deloitte 2019).
- Workplace support services are often lost in unclear and unused benefits – meaning poor ROI and poorer outcomes for employees.
- Stress, anxiety and depression are thought to be responsible for almost half of working days lost in Britain due to health issues - the relationship between mental health and the workplace is a complex one (HSE 2019).



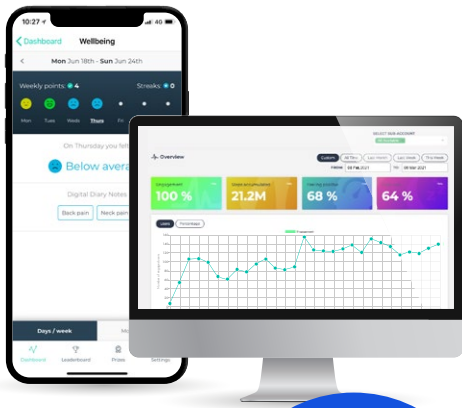
**Your manager has more impact on your health than your doctor**



Jim Clifton (Gallup CEO)

### The Opportunity

- Employers have a responsibility in actively supporting mental and physical wellbeing challenges in the workplace.
- Proactive decision-making results in long term risk mitigation, there is an opportunity now to lead from the front when it comes to employee wellbeing.
- It is critical that employees are equipped with effective tools and techniques to manage their physical and psychological wellbeing and to understand how sustained behaviour change can be implemented.



**On average employers obtain a return of £5 for every £1 invested in mental health**  
 Deloitte (Jan 2020)

## The Wellness Programme

Wellspace, is a fully comprehensive corporate wellbeing provider. It uses cutting-edge intelligent technologies via a smartphone app for employees and a reporting tool for employers.

- Simple and quick to implement with a dedicated WellSpace account manager.
- An app interface that's intuitive, and easy to use with gamification aspects for increased engagement.
- The reporting tool creates real time usable mental and physical health trends and insights from the entire workforce with clear evidence of success and ROI for decision makers.
- The App can deliver an organisation's own content including wellbeing policies and activities or it can be standalone too.

- WellSpace can also offer wellbeing training, workshops and events.

WellSpace has the ability to allow clients to integrate and promote their own content and resources through the app system. This can be region, department and job role specific content such as multimedia, invitations, events, newsletters and employee surveys. Automated scheduling and notifications to access clients within WellSpace is a positive engagement tool.

## Employee App

### The Hub

Searchable content resources such as mental health, exercise and nutrition.

### Mental Health & Sleep Tracker

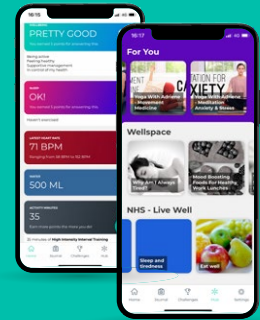
Allows the user to record daily mental health and sleep - encouraging small changes that will keep them happy and healthy.

### Activity Tracker

Accurately shows exercise, calories burned, steps taken and distance travelled.

### Leadership Board

Challenges and points reward engagement and perseverance, rather than ability.



## Employer Portal

### Reporting

Intelligent reporting shows the impact your initiatives have on the wellbeing of your colleagues.

### Mental Health & Sleep

Anonymous mental health and sleep quality insights.

### Activity

Measure activity levels across your teams.

### Engagement

Measure app engagement across your teams in real time.

### Challenges

Set company wide challenges to boost engagement.



To learn more about how the WellSpace App can benefit your organisation contact:

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