

HEALTH **K** ICK

*Wellness Platform*



2023

*Find your feel-good.*

««« About Us »»»

Wellness—transformed into an adventure that works for everybody—can help companies build strong cultures that contribute to a healthier, more productive workplace and world.

HealthKick is building the most diverse wellness benefits hub to meet the unique needs of your workforce. We take a holistic approach to employee wellness with a bundled ecosystem of 250+ brand partners and wellness experts across physical, mental, and spiritual well-being, nutrition, finance, stress management, parenting, preventative care, lifestyle coaching, and more so that employees at industry-leading companies like Bustle, Burberry, and Warner Music Group can find their feel-good.



# One Vendor, One Big Impact

With basic access to HealthKick's Wellness Benefits platform, employees can save over \$500 on their wellness while you help to enhance their well-being while maximizing your budget.

## → Built-in Engagement Suite

A comprehensive promotion program with a monthly wellness calendar, engaging marketing assets, flyers, a robust email system, and a client marketing center maximizes engagement

## → Customized Solution

Our co-branded platform integrates existing benefits, complete with a built-in events calendar, promoting seamless organization, and reflecting your brand's unique identity.

## → Dedicated Customer Service

Continuous, personalized support, customized marketing assets, and strategic planning to ensure client satisfaction and brand growth

## → Cost Efficient Benefits Consolidation

Robust health and wellness offerings for employees' diverse needs that are consolidated for simplified and cost-efficient program management

## → Simplified Implementation and Management

Seamless integration with existing HR systems, providing comprehensive reporting and analytics.

## → Data Insights that Inform Wellness Strategies

Insights into employee wellness behavior, trends, and the unique needs of your organization to increase benefits utilization and employee satisfaction

# Free Services for Members

## Complimentary Wellness Coaching Sessions

Ten (10) total sessions across Wellness, Nutrition, Financial Planning, Parenting, and Life Coaching

## Unlimited Access to a Mindfulness App

The Insight Timer app includes over 70,000 completely free guided meditations and music tracks covering an array of topics and issues, from anxiety and stress to sleep.

## 1:1 Personal Training Sessions

Three (3) virtual 1:1 training sessions with certified personal trainers from FindYourTrainer & FlexIt Fitness

## Ergonomic Assessment

15-Minute complimentary virtual consultation with Flex Physical Therapy

## Monthly Live Webinars

From a pantry edit nutrition session to workshops on summer skin health, financial planning and emotional resilience, these fun and interactive monthly webinars bring live fresh content to employees.

## On-Demand Content Library

From heart-pounding dance cardio and boot camp to mindfulness, breathwork, and nutrition, employees can enjoy hundreds of classes taught by top instructors and well-being experts.

## Wellness Challenges

Keep employees engaged and exploring new areas of wellbeing with fun challenges from stress busting bingo hydration challenge, immunity challenge and more



# Exclusive Access to 250+ Brands

Carefully curated. Always cutting edge. HealthKick members can make well-being a lifestyle with exclusive access to a personalized suite of 250+ leading brands across health, fitness & wellness services and products



DAILY HARVEST

hims&hers

realm



proper

BARRY'S

zeel



VITAL TONICS



*wellness on the way*

[solidcore]

pure barre

SimpliFed

coa

Y7 STUDIO

OOVA



penny finance

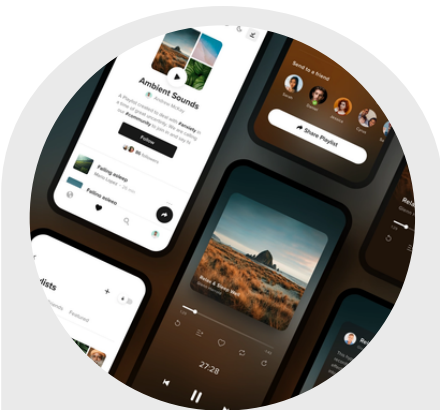
# Plus 12+ Months of Free Classes\*

The most innovative, energizing at-home and in-studio workouts—from spin and yoga to bootcamps and barre—will get you psyched to sweat



## Free Mind and Body Wellness Tools

Free access to a mindfulness app, personal training sessions, and a workspace ergonomic assessment help employees build healthy physical and mental habits to support their well-being journey



**Unlimited Access to the #1 app for sleep, anxiety and stress**

The Insight Timer app includes 160,000 everyday wellbeing from meditation, yoga and breath work to music and sleep tracks.



**1:1 Personal Training Sessions to kickstart your fitness**

Three (3) virtual 1:1 training sessions with certified personal trainers from FindYourTrainer, Future & FlexIt Fitness



**Ergonomic Assessment to ensure a healthy workplace setup**

15-Minute complimentary virtual consultation with Flex Physical Therapy to help you to reduce injuries during work

\*1 month free per brand



# Complimentary Wellness Coaching

Basic HealthKick access includes free wellness coaching sessions with experts in Nutrition, Health and Behavior Change, Financial Planning, Parenting, and Life Coaching.



## NUTRITION

- Natalie Zises
- Lindsey Kaszuba Health
- MTHR Nutrition
- Charge Nutrition
- Wonderfully Made Nutrition



## HEALTH & BEHAVIOR CHANGE

- Abby Paloma
- Balance by Beth
- Kayleigh Wellness
- Katie Bressack Wellness
- Reframe Wellness



## LIFE COACHING

- John Mark Shaw Life Coach
- Skye Executive Coaching
- Handel Group



## PARENTING

- Joanna Loewi "The Present Mama"
- A New Day



## FINANCIAL COACHING

- Morgan Stanley
- Drucker Wealth Management
- Penny Finance



# On-Demand Wellness Library

From heart-pounding dance cardio and boot camp to mindfulness, breathwork, nutrition, HealthKick's new on-demand library makes it easy to fit a dose of self-care into your day wherever you are.

## Classes for Mind and Body

Fitness, mindfulness and stretch classes from 5 to 60 minutes led by HealthKick's partner network.



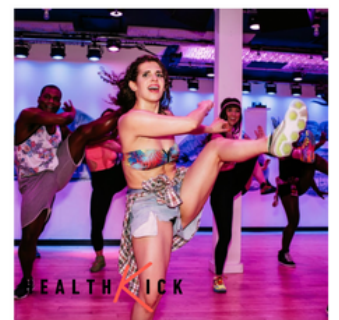
Breathe Your Way to Calm & Peace



Bootcamp Class



Stretch Session



305 Dance Cardio Class

## Wellbeing Webinars

A broad range of topics from sleep health to financial planning, resilience, parenting, and more.



Empowering Your Health Through Food



Parenting Panel on Navigating Turbulent Times

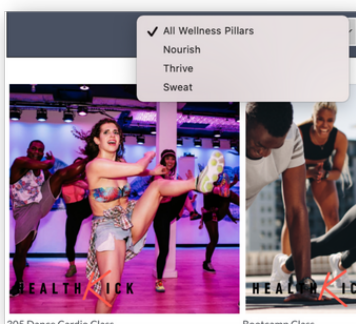


Financial Goal Setting + Planning

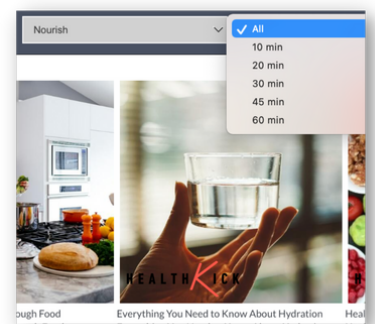


Effective Goal Setting Webinar - Create a Fresh

## Sessions for all Schedules



Whether a 5-minute breathwork session between calls, a 30-minute lunchtime boot camp, or a post-work yoga session, HK's on-demand content fits all schedules.





# Monthly Live Wellness Sessions

From healthy eating workshops and sleep health to summer skin health, financial planning, and emotional resilience, these fun & interactive monthly webinars bring live fresh content to employees.

## Sample Highlights >>>

### Personal Care and Wellness

Keeping Your Skin Healthy and Young



### Financial Wellness

Financial Goal Setting and Planning with Morgan Stanley



### New Ways to Be Well

Sessions to encourage the discovery of new wellness practices while trying something new



### Productivity Guidance

Goal Setting and Accountability



### Nutritional Wellness

Redefining Healthy Eating Habits



### Mental Wellness

Building Habits and Practices for Resilience with HK Partner SKYE



### Three Live Fitness Classes!

To Celebrate Pride Month and the LGBTQIA+ Community



### Sustainability

Small Space Gardening and Sustainability with HK Partner Spade to Fork



### Lifelong Wellness

A Healthy Aging Workshop



### Parenting and Caregiving

A Panel on Navigating Turbulent Family Times



### Meditation and Mindfulness

Relaxing Breathwork Session with Our Breath Collective



### Sleep Health

How to Sleep Better Starting Tonight

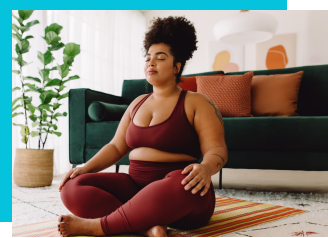


**INTERACTIVE AND ENGAGING WELLNESS SESSIONS FOR ALL MEMBERS**

With more employees working remotely, wellness webinars are an accessible, interactive, and flexible option for employees to get in real-time wellness advice and expertise.

# Employee Wellness Challenge Toolkits

Designed to inspire healthy lifestyle choices among employees, wellness challenges are a great way to give employees the structure and support to achieve their personal well-being goals, all while creating a more positive and productive work environment. At HealthKick, we aim to engage employees through creative and fun challenges that cover all dimensions of well-being.



## Stress Busting Bingo

Focuses on self-care and stress-reducing activities, ranging from meditation, and connecting with friends and family to getting outdoors



## 7-Day Hydration Challenge

Our 7-Day Hydration Challenge is a perfect summer challenge to encourage employees to be conscious of their water intake.



## Immune Boost Challenge

The perfect for the fall and winter to prep for cold and flu season. Employees will be able to discover lifestyle choices they can make daily to keep their immune systems strong.



## Gratitude Challenge

Our 2-Week Gratitude Challenge is perfect for November or any time of the year to reflect on all that you are grateful for.



## Self-Care Bingo

Daily activities are curated to reflect diverse interests and all aspects of well-being — from eating a healthy breakfast and taking a meditation class to dancing it out or taking a bath.

# LSA Capability: Digital Wallet

## Flexibility

Employees can use wellness dollars for their unique needs

## Engagement

Higher employee participation and engagement in services

## Low Admin

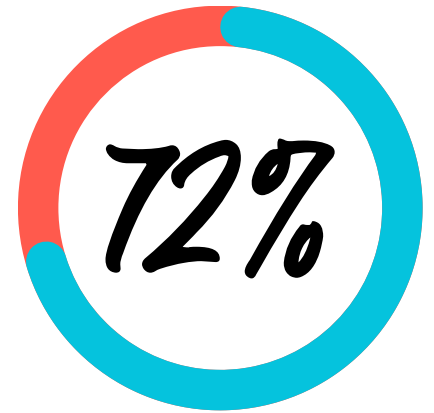
Zero administrative lift & streamlined tax reporting

## Data Insights

Insight into employee wellness behavior & trends

## Benefits Equity

For diverse, global, multi-generational workforces



Employees ranked a wellness stipend as one of their top 3 benefits<sup>1</sup>



## HealthKick's Digital Wellness Wallet

Simplify and streamline the delivery of wellness stipends, reimbursements and rewards. HealthKick's Digital Wallet gives employees the freedom to choose relevant wellness options for their lifestyles.

### → Use Cases

- LSA
- Reimbursements
- Rewards

### → Custom Spend Criteria

- Set eligible expenses
- Set expense limit(s)
- Set customizations

### → Flexible Funding

- Upfront annual
- Monthly allocation
- Incentive-based



# HEALTH KICK

*Let Your Team Find their Feel-Good*



Say goodbye to expectations and hello to exploration. HealthKick's wellness benefits platform makes living well an everyday adventure by connecting employees to top health and wellbeing brands, enabling them to find their feel-good. We stay on top of fast-moving trends to curate classes, services, and products, so that employees at industry-leading companies like BCG, Burberry, and Peloton can find the brands they know and love and be moved to explore new habits.

Want to learn more about all that HealthKick can offer your employees across physical, mental, emotional and financial health and wellness?

**GET IN TOUCH TODAY!**

[www.health-kick.com](http://www.health-kick.com)

