

## Free health & energy check for organisations

Our online health & energy check enables organisations to:

- Measure the health & energy of their workforce
- Create a tailored employee wellbeing programme based on the key findings
- Help employees measure and monitor their health & energy
- Encourage employees to take ownership of their health & energy
- Improve the take up and success of your employee wellbeing programme

When employees complete the health & energy check they will receive:

- A personalised report, giving a snapshot of their overall health & energy
- A monthly health tips email

Your organisation will receive a report detailing the overall scores for all your employees in the following 7 areas:

- Mind management & resilience
- Sleep
- Re-energising
- Work-life balance
- Nutrition
- Exercise
- Computer & technology use

### About energiseYou

We work with companies to improve their performance, by coaching their employees to improve their health & energy via our workshops, webinars, podcasts & health events.

We sponsor the Sunday Times Best Companies Wellbeing Award and are proud to energise some of the best companies



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