MYWELLNESS®

CORPORATE SOLUTION

TECHNOGYM®

DELIVERING DIGITAL EXPERIENCES

WHAT ARE YOUR NEEDS?

DIGITAL EXPERIENCE: CORPORATE

mywellness

Employee

Understand my body with Wellness Assessments. Reserve access to the gym, get a workout of the day that suits my needs and a programme to reach my individual goals. Be motivated with challenges and workout on the go with Live & On-Demand classes.

Wellness Manager

Manage the access to the Corporate gym, offer training experiences even in unsupervised areas, promote other wellness services, while increasing Employee satisfaction and results.

DELIVER AN UNPRECEDENTED MOBILE EXPERIENCE TO YOUR EMPLOYEES

MYWELLNESS APP

Enables you to engage with your employees in or outside of the gym.

It is an essential tool to facilitate interaction, promoting all of your services through personalized tiles, linking to the Corporate intranet and other contents.

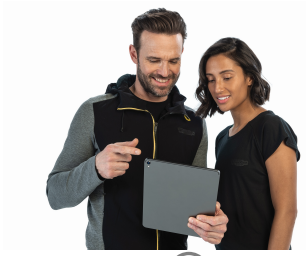
MYWELLNESS APP

ACTIVATE YOUR EMPLOYEES WELLNESS EXPERIENCE

Engage your employees with your wellness services. Improve wellbeing and reduce absenteeism, by leveraging Mywellness to manage your full service Corporate Wellness Programme and facilities.

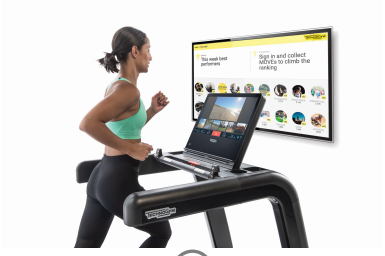
ASSESSMENT

- Understand needs & aspirational goals
- Check readiness to exercise
- Create custom health & wellness questionnaires
- Perform body composition tests



PRESCRIPTION

- Get your workouts & programs
- Track your results
- Promote Professional Services



CHALLENGES

- Create and launch challenges for everyone
- Engage individuals & teams
- Increase motivation to exercise

MANAGEMENT

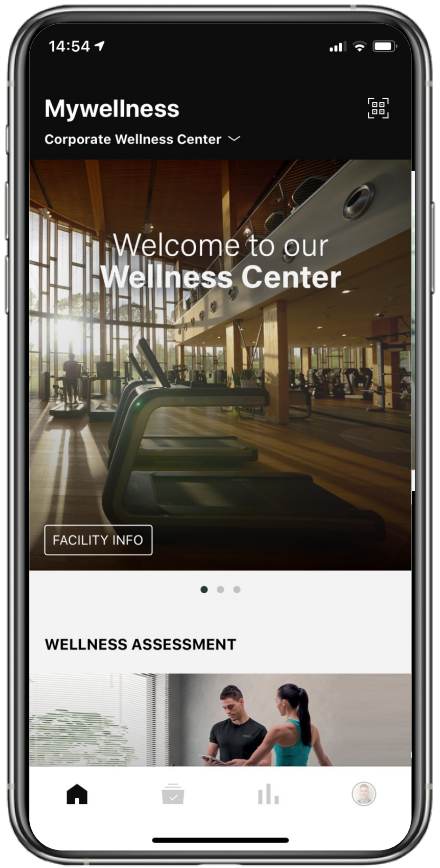
- Support the ongoing journey of employees
- Control access to the physical gym with bookings
- Join Live & On-Demand classes
- Promote outdoor training routes

OTHER WELLNESS SERVICES

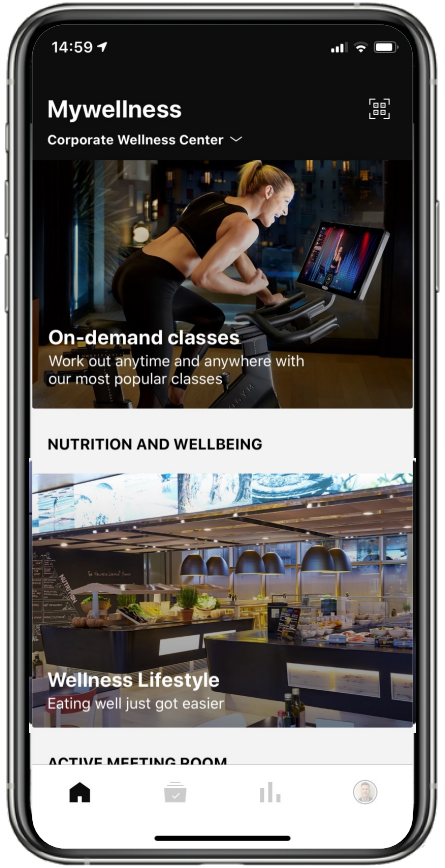
Find out more about:

- Wellness Nutrition Tips
- Wellness Active Meeting Rooms

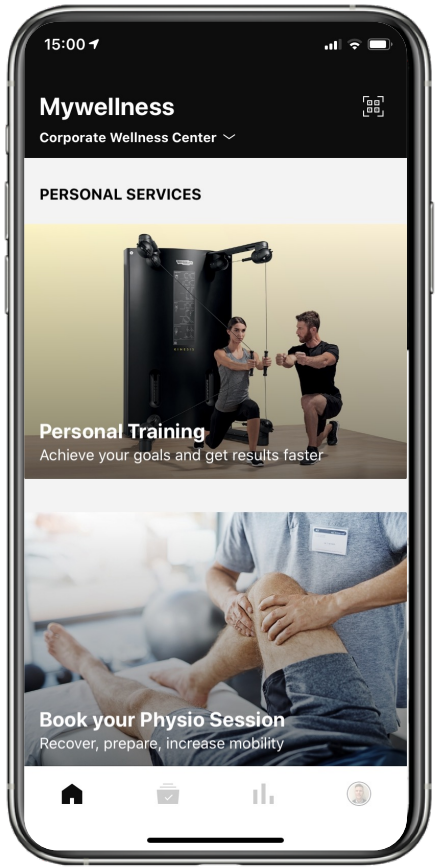
MYWELLNESS APP CORPORATE



GYM SERVICES

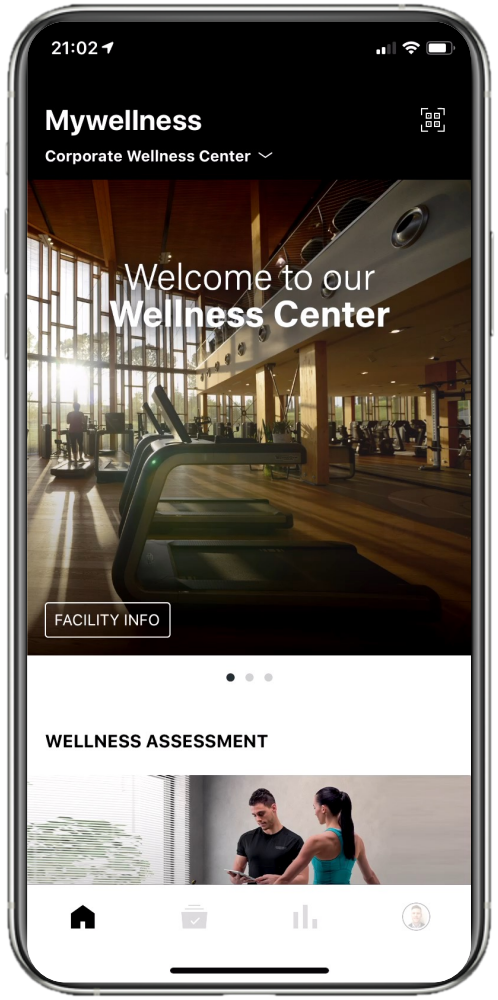


ON-DEMAND CLASSES



WELLNESS SERVICES

MYWELLNESS APP CORPORATE



- Standard Mywellness app
- Customizable Tiles to link all services
- Content / services per Corporate site
- Native Gym / Outdoor training features
- Apple and Android App stores
- Easy connection to Technogym Equipment

DELIVERING VALUE TO EMPLOYEES

Book your assessment
Reserve your body composition evaluation.

Improve Body Composition & Health
Discover what the measurements mean and how to improve your body composition.

Health & Wellness questionnaire
Assess your training aspirations and health conditions.

Clinic tests and exams
Discover the full list of tests and exams that you can book directly from our Corporate.

Feature to be hosted on Corporate website /external digital ecosystem

Feature available on Technogym Digital ecosystem

DELIVERING VALUE TO EMPLOYEES

Workout of the Day
Provide daily, weekly or monthly workouts to staff.

Get a training program
Reach your goals.

Track results

Personal Training
Promote your personal training services through the app.

Physiotherapy Sessions
Promote your physiotherapy services through the app.

DELIVERING VALUE TO EMPLOYEES

Challenges for everyone
Create individual and team challenges. Improve employee interaction and engagement.

Climb the ranking
Dynamic leaderboards help motivate employees to move more and improve thier position.

Rewarding program
Collect moves and get your final award.

DELIVERING VALUE TO EMPLOYEES

Book your spot
Reserve your access to the gym and the classes.

Live & On-Demand classes
Access a selection of On-Demand classes or follow a live session with your preferred personal trainer.

Track results & retest

Outdoor training
Promote local training routes and your outdoor group activities through the app.

DELIVERING VALUE TO EMPLOYEES

Wellness tips
Promote your healthy menu options through the app and some nutrition tips to improve your wellness lifestyle.

Wellness meeting
Create a wellness meeting package and promote it through the app.

.....and much more, customize your offer!

CREATE YOUR OWN WELLNESS JOURNEY

Improve the Employee experience and generate additional revenue with Mywellness.

Work with Technogym to define your Employee App Experience, powered by Mywellness. From developing a full Employee journey to content creation to bring your full Corporate wellness services to life.

From initial design and implementation to Employee activation, our Digital Team will provide consultancy to your business every step of the way.

Thank you