

SOCIAL FUN AND EVERY ONE CAN JOIN!



We+ is a digital wellbeing program where co-workers in teams cheer each other to work out on regular basis. The social feed with photos, videos, comments and likes is the core and everyone can join on equal terms - regardless fitness level. Administration is easy maximizing HR investments.

In We+ social feed employees spend time together and learn to know each other in a new way. It will engage employees, strengthen community across an organization and unite the workforce.

How it works



1

Start

On the starting day signed-up employees will receive a "How it works"-email with a login link. After three clicks they are up and running and meet their team in We+ webb application.

2

Social

In We+ social feed users post their workouts. With photos, videos and encouraging comments, colleagues support and cheer each other. When, where and how they work out is free of choice.

3

For every one

ALL types of workouts are worth the same. Any workout ≥ 30 min. with at least moderate effort and noticeable accelerated heart rate counts. It doesn't matter if it's a power walk crossfit session and all workouts are equally worth no matter length and intensity.

4

Competition

Teams and individuals compete against each other in average number of workouts per week, greatest improvement and best pep. After finish winners earns fame in We+ Awards and We+ sends out a comprehensive health report with statistics and analysis.

INTEGRATIONS: INTEGRATE WE+ WITH THE APPLICATION YOU ALREADY USE.



Impressive results

We+ show unrivaled health result (actual outcome, average customers)

56%

Increased exercise level

269^{min}

Exercise per week

85%

Reduction of inactive employees

273

Social interactions per participant and challenge



Social: We+ core is a social feed with photos, videos and comments both for each team as well as for entire company. Focus on the social drives engagement and creates an inclusive culture.

Inspiration: Experienced staff or hired employee wellbeing experts manage an inspirational feed where they inspire workforce within all areas of wellbeing.

100% team-based: We+ uses social support, team-spirit and positive peer pressure to drive behavioral change and help employees find a healthier lifestyle.

Competition: Every one can join on equal terms regardless fitness level. Competition within the company between individuals, teams, units, departments, locations and countries.

Global: We+ webb application is in English and supports all time zones.

Scalable: 50 or 100.000 colleagues.

CSR: A purpose-built and integrated CSR charity counter. Charity organization and amount to donate is free of choice.

Google

CIRCLE K

MITSUBISHI ELECTRIC

SKANSKA

VOLVO

FUJITSU

Canon

WARNER MUSIC AUSTRALIA

We+ gives you:

- ✓ Improved productivity and engagement
- ✓ An inclusive and healthy company culture
- ✓ Increased feeling of togetherness at the workplace
- ✓ Healthier and happier employees

For pricing, online demo or to start a challenge, please send a mail to: info@weplus.co.uk

We+

www.weplus.co.uk