



The Wellness Corner – Orientation Guide

**India's Leading Technology Platform for Personal Health,
Corporate Wellness and Health Benefits Management by
Truworth Wellness**

360° HOLISTIC WELLNESS SOLUTION

Truworth Wellness provides tech enabled solutions to engage employees in an outcome driven wellness program. It engages the user with a socialized, gamified, motivational and guidance driven approach thus empowering them to achieve their wellness goals and provide fulfillment to all their preventive health and wellness needs.

Introducing to you '**The Wellness Corner**' - an app that is a one stop destination for all your health and wellness needs.

PRIMARY CARE (OPD)

- Health Checks & Diagnostics
- Doctor Consultations
- Pharmacy & Health Store

MENTAL WELLBEING

- Assessment & Insights
- Guided Programs
- Wellbeing TV & Knowledge Resources



FITNESS & NUTRITION

- Fitness sessions
- Knowledge Hub

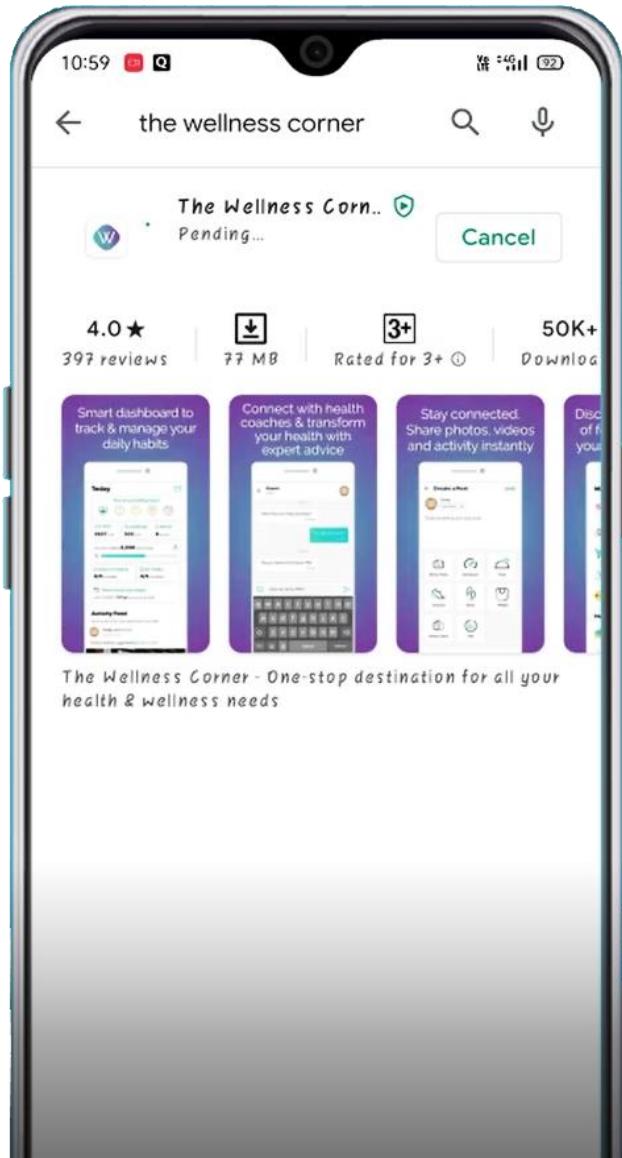
EMPLOYEE ENGAGEMENT

- High Engagement tools enable behavior modification and thus deliver outcomes
- Campaigns & challenges
- Newsletters & Events

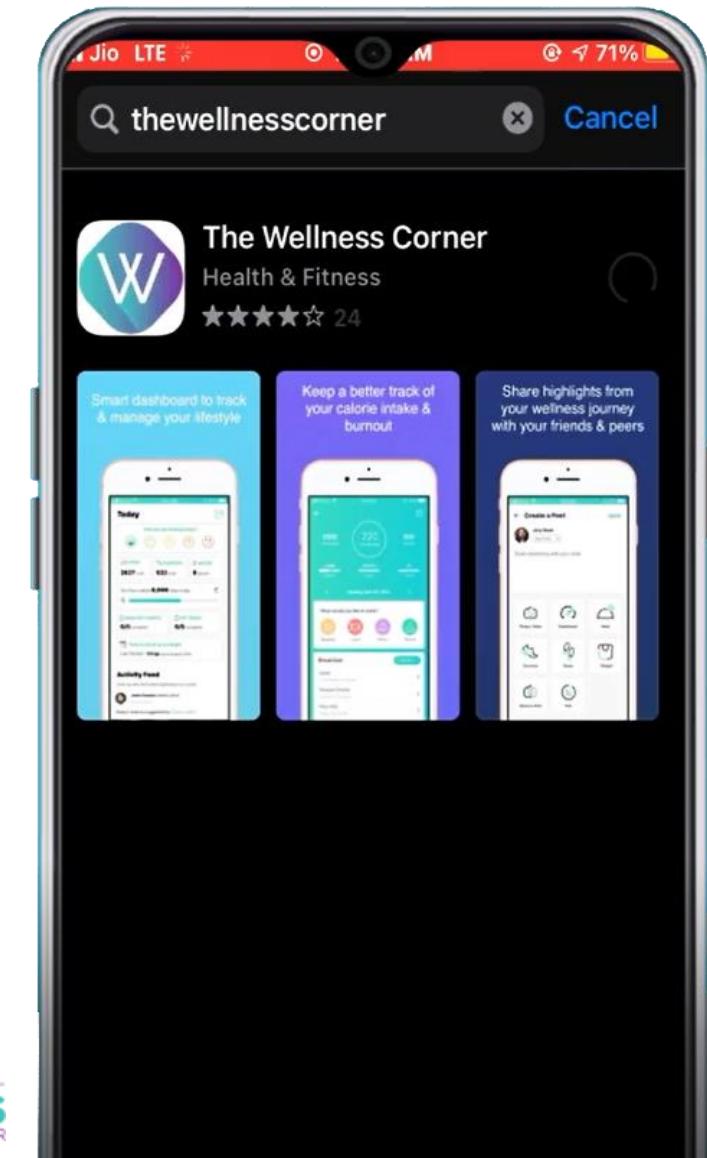


How to Download The Wellness Corner App

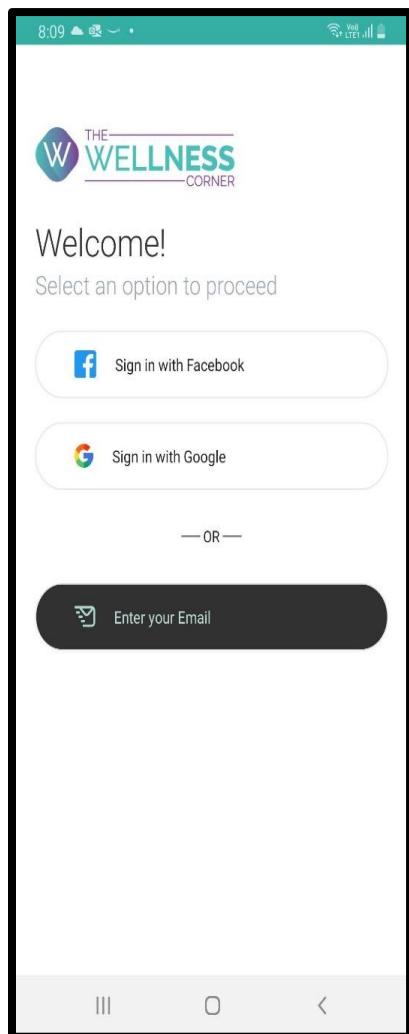
Download **The Wellness Corner**
from the Google PlayStore or
the Apple App Store



[GET IT ON
Google Play](#) [Download on the
App Store](#)



Register on The Wellness Corner app



Looks like you're new here!

Tell us more about you so we can setup your account on The Wellness Corner

First Name: John Last Name: Smith

MALE ♂ FEMALE ♀

Date of Birth: 15/09/1980

Continue

Enter your password

Use a password that's easy to remember and fulfills all the requirements listed below.

Password Criteria

- 6 characters minimum
- Includes at least 1 alphabet
- Includes at least 1 number

Continue

Enter Referral Code

If you received a referral code from your friend or family, you can enter the same here.

Continue

[I Don't Have a Referral Code](#)

Enter your mobile number

Your mobile number will only be used in times when we need to reach you

+91

Continue

I provide The Wellness Corner, with the consent to collect my personal information (Name, Gender, Date of birth and Email address, Mobile Number, and other health vital & lifestyle information), subject to the following conditions: The information is collected for the specified, explicit and legitimate purposes only – which is to assess the user's Health Risk and provide health coaching, and ensure that the same is not excessive in relation to the purposes for which it is being collected, and also ensure that such personal information is retained only as long as the user is registered on the platform.

Please refer to Terms & Conditions listed on [The Wellness Corner's Privacy Policy](#)

I agree. Take me ahead!

Click on 'Enter your email and enter your complete official email id' for e.g.
vanishree.torvi@softwareag.co

Enter your basic details. This is required for verification only. All details provided are confidential

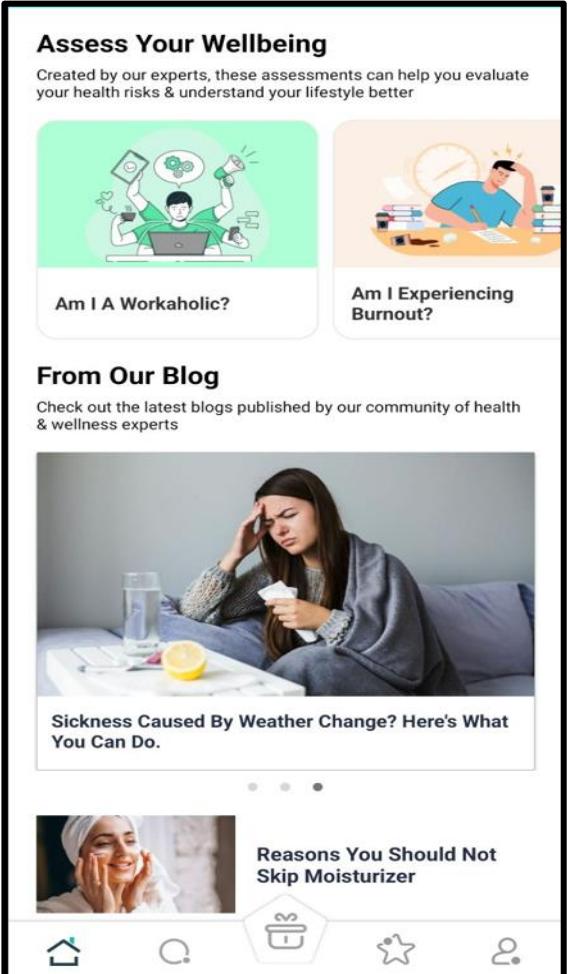
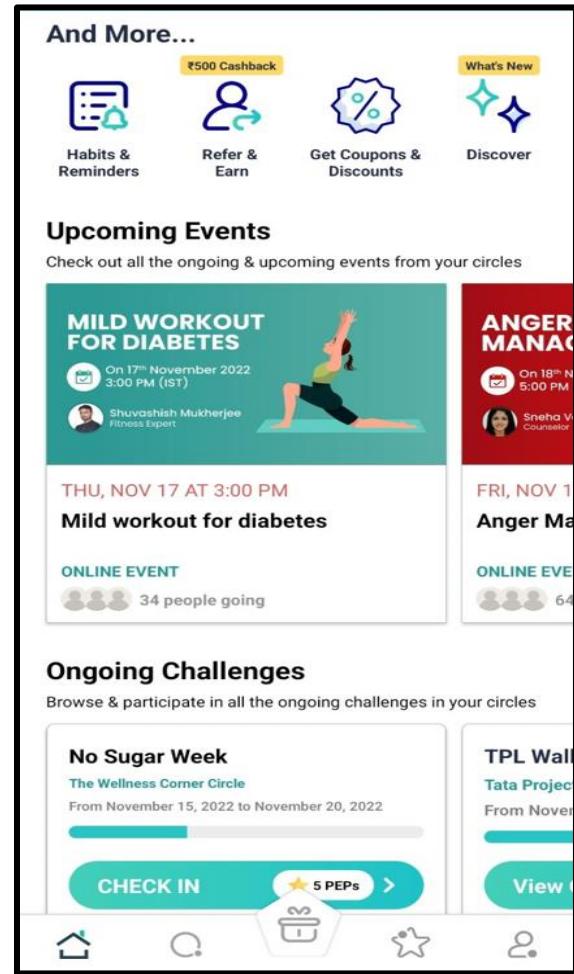
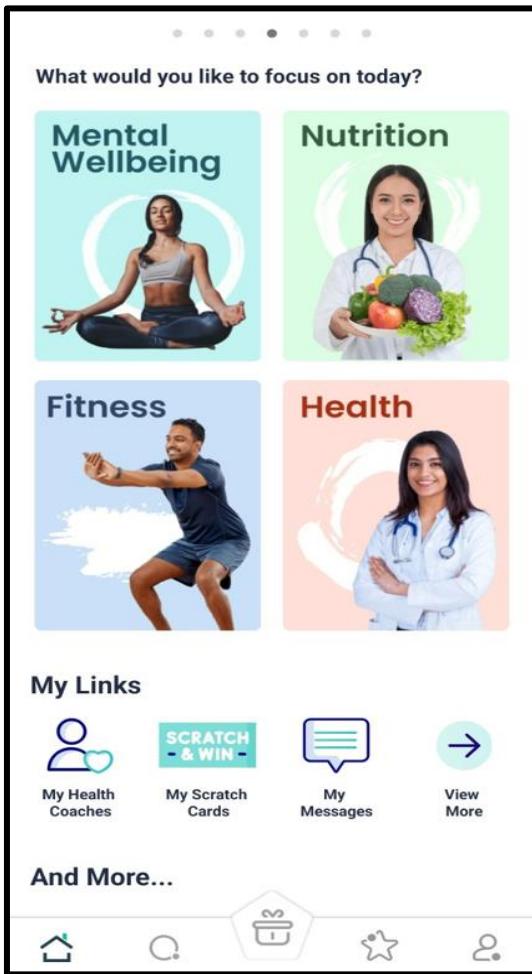
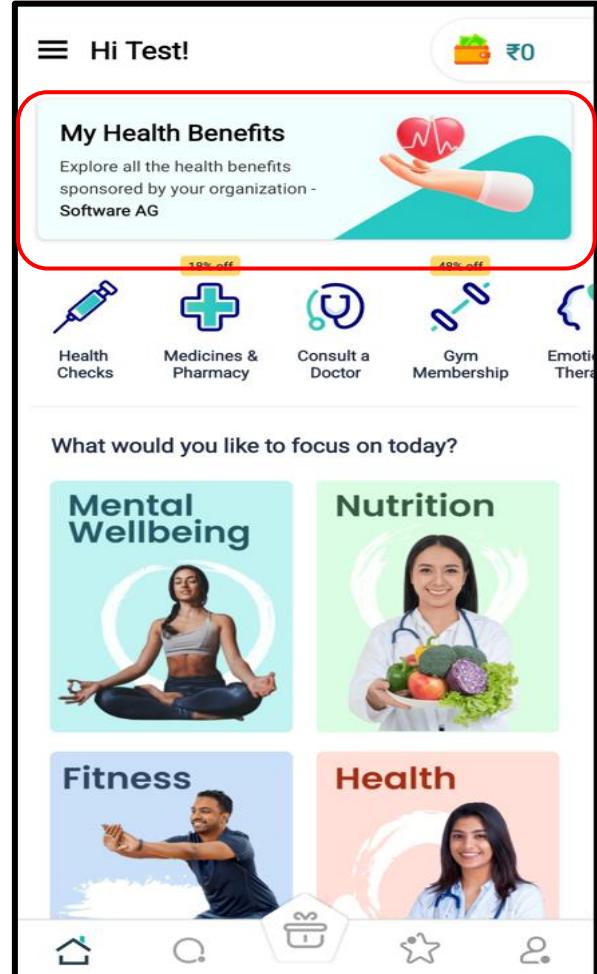
Set a password using a minimum of 6 characters

You can click on 'I don't have a referral code'

Verify your mobile number & enter OTP

Agree to the Terms and proceed to your dashboard

Once you Register, you will land on the Homepage of the App; You will find all resources available for you here



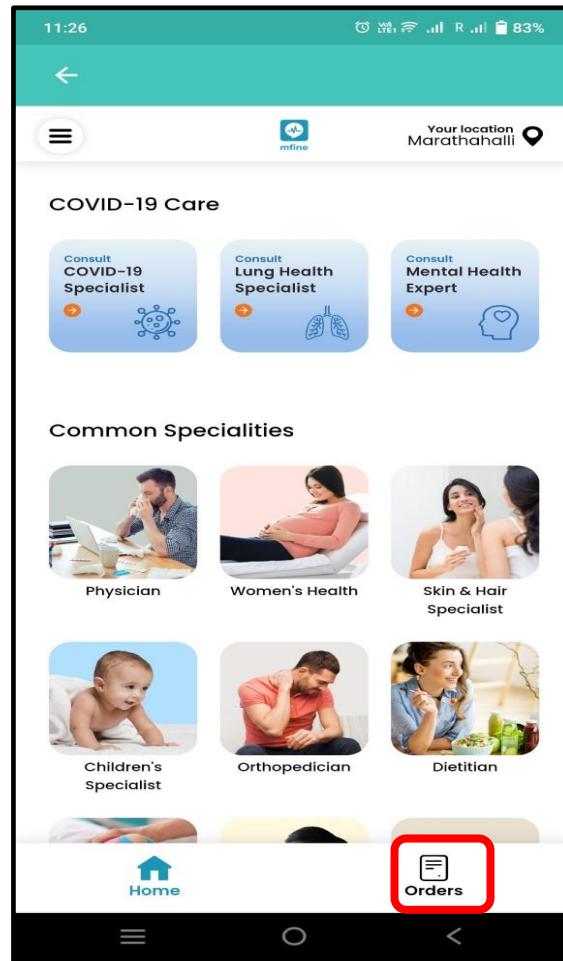
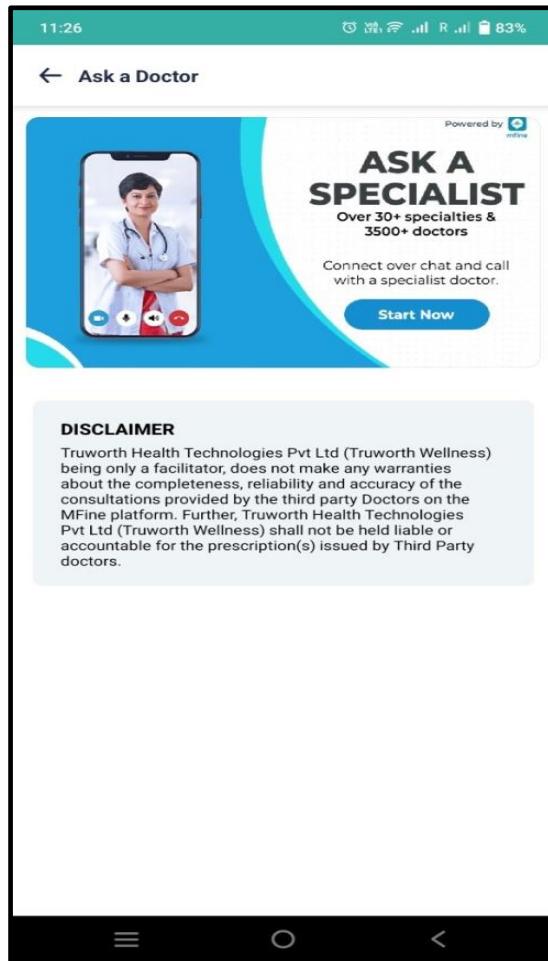
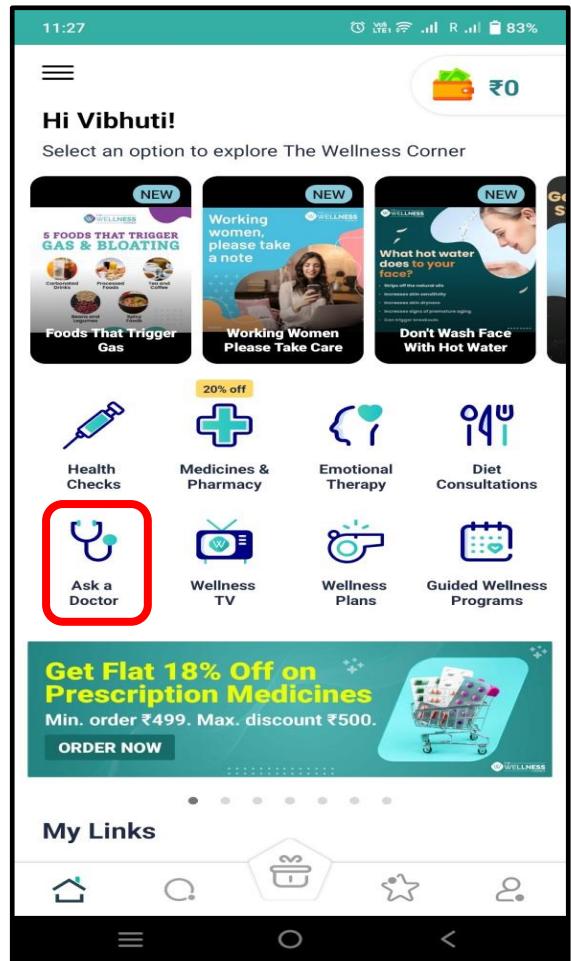
Once you Register, you will land on the Homepage of the App; You will find all resources available for you here

The image displays four screenshots of the Truworth Wellness app interface:

- Homepage:** Shows a top navigation bar with "Hi Test!" and a wallet icon showing ₹0. Below is a section titled "My Health Benefits" with a red border, followed by five service icons: Health Checks (18% off), Medicines & Pharmacy (48% off), Consult a Doctor, Gym Membership, and Emotion Therapy.
- My Health Benefits:** A detailed view of the "My Health Benefits" section. It includes a "My Wallet" section with ₹0, a "Sponsored Health Check" section with a red border, and a "Discounted Health Benefits" section.
- Software AG Annual Health Check:** A promotional offer for "Software AG Annual Health Check" valid till May 10, 2024. It shows a doctor holding a tablet and provides options to book packages for males or females.
- Ask a Doctor:** A feature to "ASK A SPECIALIST" over chat and call, powered by mFine. It shows a doctor on a smartphone screen and a "Start Now" button.

These screenshots are only for demo purposes and the actual screenshots might vary

App Homepage



Under “Ask a Doctor” tab, one will be able to consult a doctor.

Unlimited consultation with 25+ specialties is available in this section (with 4 dependents)

Under Orders tab, one can check ongoing, past and upcoming consultations.

Ask a Doctor FAQs

Is the doctor consultations free of cost?

Yes, the consultations have been sponsored by your company. You can avail unlimited consultations with 25+ specialties.

Can I avail consultations for my family?

Yes, This service is offered to employee's and direct family members (up to 4 family members, i.e., spouse, children, parents or parents-in-law)

How can I add dependents in the app?

You need not register/ add dependents in the app. When you open the consultation with Doctor, you will be asked if the consultation is for you. You can mention the name and contact number of your dependent to proceed.

Can I choose my doctor?

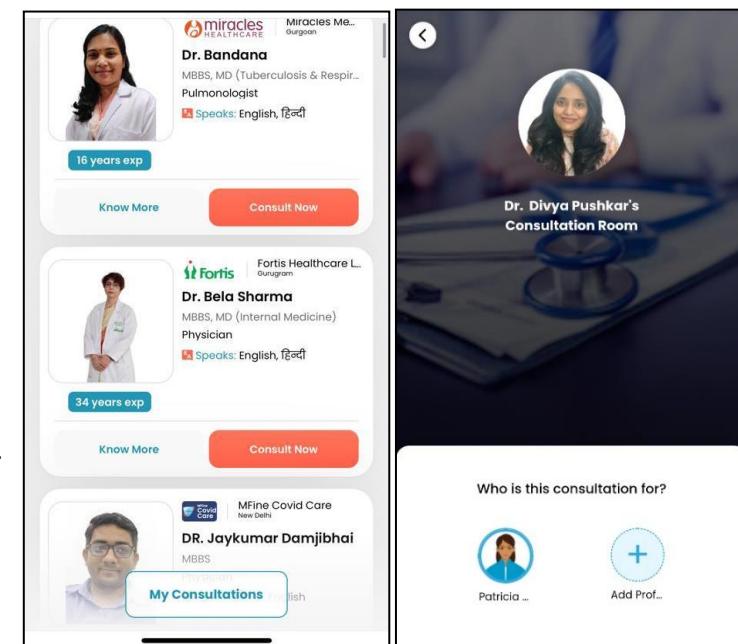
Yes, you can go through the list of doctors, view their profile, languages they are versed in and choose as per your preference

What are the timings to consult a doctor?

You can consult for free using the app from 6 am – 1 am (midnight). You can avail chat and audio consultations.

Can I request for prescription?

Yes, you can request the doctor for a prescription. Prescription shall be provided based on doctor's discretion



Book health check at Centre

Software AG Annual Health Check
Valid till May 10, 2024



Select any package from the list of curated packages by your organization to book an appointment.

Packages For You

Center Visit Package For Male
Includes 65 tests
₹11549 FREE
 **BOOK NOW**

Center Visit Package For Female
Includes 66 tests
₹11549 FREE
 **BOOK NOW**

Packages For Your Loved Ones

Center Visit Package For Male
Includes 65 tests
₹11549 ₹3849
 **BOOK NOW**

Package Details

Center Visit Package For Male
Includes 65 tests
₹3849 per additional dependent
Report within 96 Hours

We tend to overlook small health issues that later develop into severe illnesses. Preventive health measures such as regular screening are a great way of being informed about your overall health and to detect the presence of any issues beforehand for a proactive approach. A whole-body check-up is a standard test in which all of the body's systems are readily evaluated, such as blood, urine, diabetes, heart health and so on. A thorough body check-up should be done at least twice a year to maintain good health. The below health check package is a blood and radiology test that evaluates your overall health. Timely screening can help you in avoiding illnesses and with this package you can keep a track of your health in the best way.

Fasting Required for 10-12 Hours

MRP ₹11549 FREE

Recommended for

 **Male**  **Above 20 years**

Tests Included

Haematology
(25 parameters) 

Diabetes Profile


Starting From:
FREE **SELECT PACKAGE**

Select Patient

Test Softwareag
Male, 34
9828285550 softwareag@truworth.com

+ ADD NEW PATIENT

Total: **₹0** **PROCEED**

Select Lab

Test Softwareag
Male, 34
9828285550 softwareag@truworth.com

No Lab Selected

Total: **₹0** **PROCEED**

Book health check at Centre

The image consists of five vertically stacked screenshots from a mobile application, illustrating the steps to book a health check appointment.

- Select Lab:** Shows a list of laboratories in Bengaluru. One entry is highlighted: "Aarthi Scan" located at 499, Chinmaya Mission Hospital Rd, Indira Nagar 1st Stage, Stage 1, Indiranagar, Bengaluru, Karnataka 560038, Bengaluru, Karnataka, 560038. Other listed labs include Apollo Specialty Hospital, Medall, and N M Medical Centre.
- Select Time:** Shows a date picker with options for Fri, 26; Sat, 27; Mon, 29; and Tue, 30. Below it, a section asks "When would you like to visit the lab?" with a button labeled "08:30 AM - 09:30 AM".
- Select Lab:** Shows a list of tests for "Test Softwareag", a male patient aged 34. It includes contact information (9828285550) and email (softwareag@truworth.com). The appointment details are May 27, 2023, at 08:30 AM - 09:30 AM.
- Confirm Details:** Displays the appointment summary: "Center Visit Package For Male" for Software AG Center Visit Package For - Male, which includes 65 parameters. It shows the selected patient, the test provider "Test Softwareag", the patient's age (Male, 34), and the appointment time (May 27, 2023, 08:30 AM - 09:30 AM). A "Sponsored" badge is visible.
- Appointment Booked:** Confirms the appointment is booked. It includes a checkmark icon, a message stating "Your appointment is booked! Your sponsored health check appointment is booked. Thank you for using The Wellness Corner.", and a summary of the appointment details.

Frequently Asked Questions (FAQs)

- **What is an Annual Health Check-up Program?**

Annual Health Check-up is a Preventive Health Checkup-Program partnered with Truworth Wellness to extend the facility of a comprehensive Health check for employees as per the eligibility criteria.

- **Who is eligible for the health check program?**

All applicable employees are eligible for the sponsored health check program.

- **Will I be eligible to take this benefit twice in the current year?**

No, this benefit can be availed only once by the employee.

- **How early do I have to raise an appointment request?**

The appointment request should be raised at least 3 – 4 working days prior to the checkup date.

- **What documents should I carry to Lab Visit Health Check?**

You can carry your company official ID Card and Aadhar Card along with the confirmation mail, you have received on your registered mail id.

Frequently Asked Questions (FAQs)

- **Can I get Reimbursement Facility for the Dependents Health checkup?**

No, reimbursement facility is not available for Dependents Health checkup.

- **Can I book the medical check-up in evening?**

Health Check requires 12 hours overnight fasting. Hence time slots are limited, and it is required that health check be done in the morning hours only.

- **How will I receive my reports?**

You will receive your report within 3-4 working days from the date of health checkup completion on your official or registered email address. Only soft copy of the reports will be sent to your registered email address.

- **Can I re-schedule my appointments?**

Yes, you can re-schedule your appointments for a maximum of two times, up to 48 hours before the appointment. After the second time, you will have to cancel the earlier request and raise a new request.

You can also call the Truworth Wellness Customer Care on +91-9875-00-1234, between 9 am to 6 pm Monday to Friday and 9 am to 2 pm on Saturday for the same.

Frequently Asked Questions (FAQs)

- Can I cancel my appointment?**

Yes, you can cancel 48 hours before the appointment. You can call the Truworth Wellness Customer Care on +91-9875-00-1234 or drop an email to support@thewellnesscorner.com between 9 am to 6 pm Monday to Friday and 9 am to 2 pm on Saturday for the same.

- I have been advised to do a few medical investigations after the Health Check. Will the company bear the expenses for the same?**

No, any additional tests / examination outside the sponsored package are not part of this program.

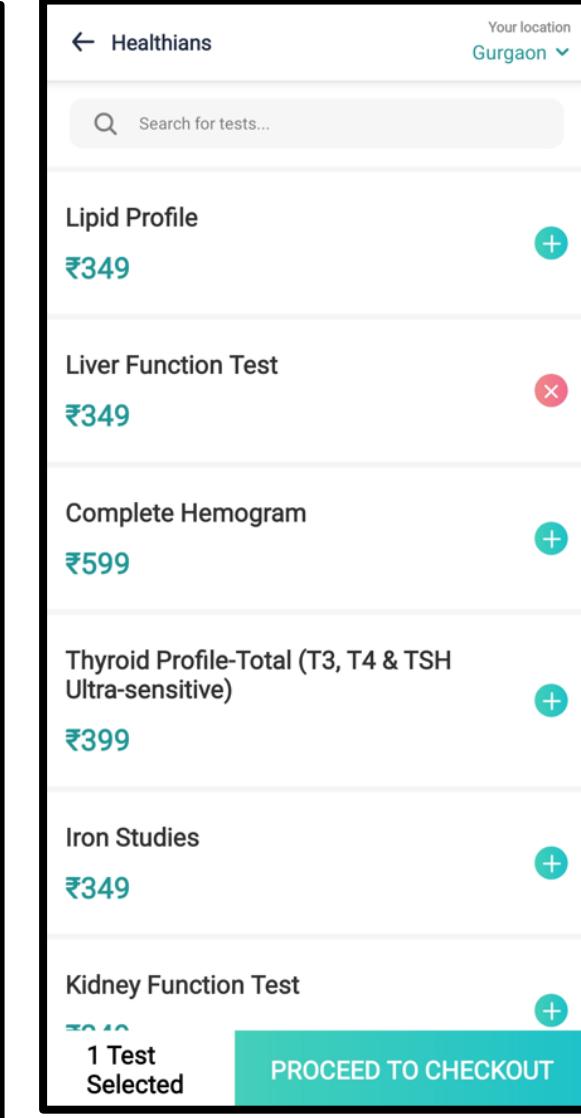
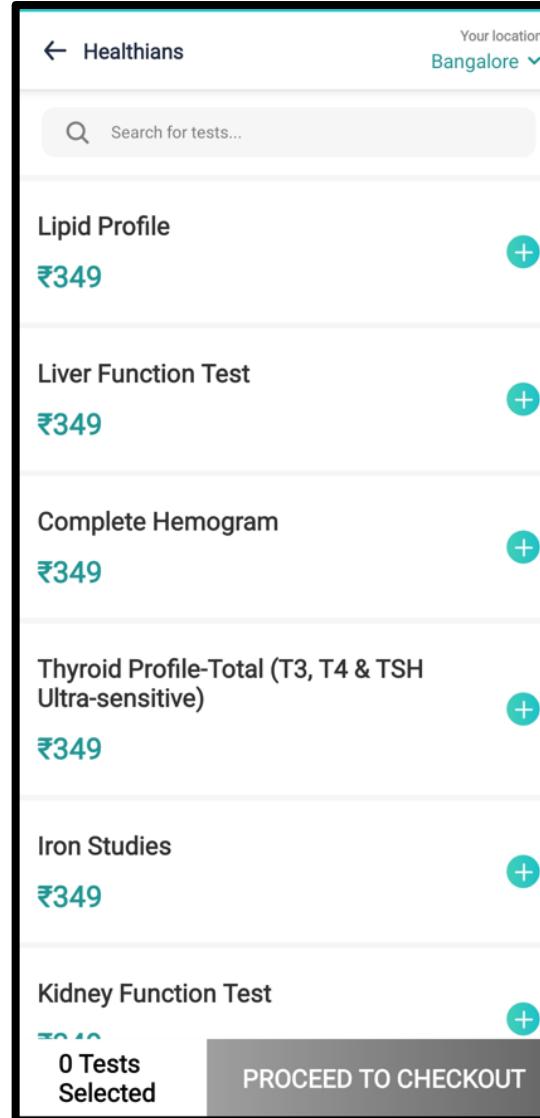
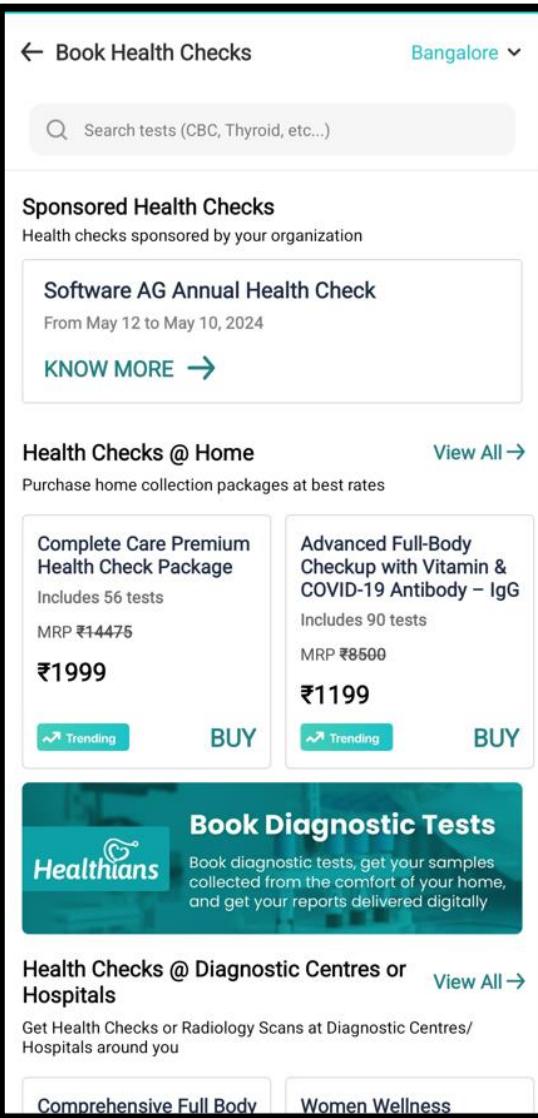
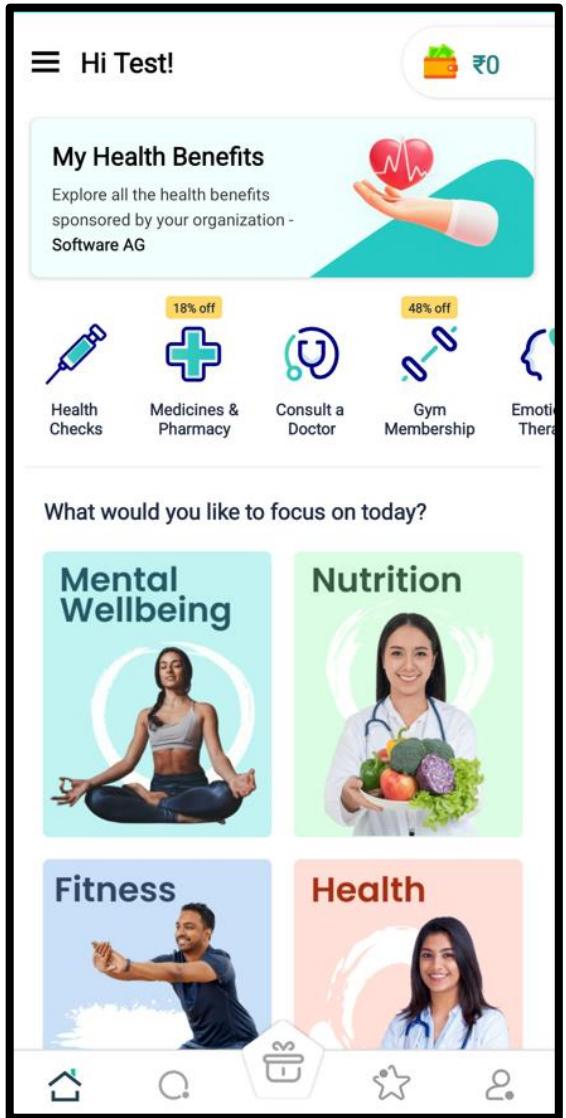
- How can I raise a query about Health checkup?**

You can call the Truworth Wellness Customer Care on +91-9875-00-1234 between 9 am to 6 pm Monday to Friday and 9 am to 2 pm on Saturday for the same or you can Email your query to support@thewellnesscorner.com.

- Who should I contact for queries etc.?**

Purpose	Person	Contact details	Timings
For all queries and guidance	Tuworth Support	+91-9875-00-1234 support@thewellnesscorner.com	Mon- Fri 9 am – 6 pm Sat 9 am – 2 pm

Booking Process for Individual Test



Booking Process for Individual Test

← Select Patient

 Test Softwareag
Male, 34
 9828285550  softwareag@truworth.com

+ ADD NEW PATIENT

Total:
₹199

SCHEDULE PICKUP

← Select Time Slot

Tomorrow Day After Fri, 26 Sat, 27
Wed, 24 Thu, 25

Select a time slot for sample collection
These are the slots based on your selected location and date.

07:00 AM - 08:00 AM 07:30 AM - 08:30 AM
08:00 AM - 09:00 AM 08:30 AM - 09:30 AM
09:00 AM - 10:00 AM 09:30 AM - 10:30 AM
10:00 AM - 11:00 AM 10:30 AM - 11:30 AM
11:00 AM - 12:00 PM 11:30 AM - 12:30 PM
12:00 PM - 01:00 PM 12:30 PM - 01:30 PM
01:00 PM - 02:00 PM

PROCEED

← Checkout

Patient Details
Test SoftwareAG
Male, 34
 9828285550  softwareag@truworth.com
 Test, Jaipur, Rajasthan, 302021

Collection Date & Time
May 25, 2023 between 08:30 AM - 09:30 AM

Selected Tests
Liver Function Test ₹199

+ ADD MORE TESTS

 Amount Payable ₹199

Total:
₹199.00

PROCEED TO PAYMENT

Booking Process on Web

The screenshot shows the homepage of The Wellness Corner website. At the top, there is a header with the logo 'THE WELLNESS CORNER', location 'Bengaluru', a user profile 'Hi, Test', and a 'Dashboard' button. Below the header, a greeting 'Hi Test SoftwareAG!' is displayed, followed by a message 'Select an Option to Explore The Wellness Corner'. A callout box titled 'My Health Benefits' encourages users to explore health benefits sponsored by Software AG, with a 'View All' button. Below this, there are ten service icons arranged in two rows of five:

- Health Checks
- Medicines & Pharmacy (20% off)
- Emotional Therapy
- Diet Consultations
- Ask a Doctor
- Wellness TV

Second Row:

- Wellness Plans
- Guided Wellness Programs
- My Health File
- Gyms & Fitness Centers (₹500 Cashback)
- Refer & Earn

<https://www.thewellnesscorner.com/login>

Booking Process on Web

 THE WELLNESS CORNER

Location Bengaluru | Dashboard [Hi, Test](#) 

COVID-19 Health Nutrition Fitness Mindfulness Beauty Lifestyle

Software AG Annual Health Check

Valid till May 10, 2024

Select any package from the list of curated packages by your organization to book an appointment



 **Packages For You**

Center Visit Package For Male

Includes 65 tests

₹11549 FREE

 Center Visit [Book Now](#)

Center Visit Package For Female

Includes 66 tests

₹11549 FREE

 Center Visit [Book Now](#)

Booking Process on Web

 THE WELLNESS CORNER

Location Bengaluru | Dashboard  Hi, Test 

Center Visit Package For Male

includes 65 tests

₹3849 per additional dependent

MRP-₹11549-
FREE

We tend to overlook small health issues that later develop into severe illnesses. Preventive health measures such as regular screening are a great way of being informed about your overall health and to detect the presence of any issues beforehand for a proactive approach. A whole-body check-up is a standard test in which all of the body's systems are readily evaluated, such as blood, urine, diabetes, heart health and so on. A thorough body check-up should be done at least twice a year to maintain good health. The below health check package is a blood and radiology test that evaluates your overall health.

Timely screening can help you in avoiding illnesses and with this package you can keep a track of your health in the best way.

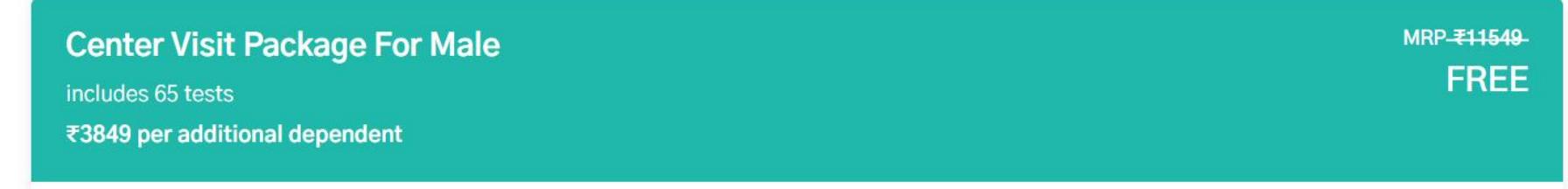
 Report Time:
96 Hours

 Fasting Time:
Fasting Required for 10-12 Hours

 Test Recommended for:
Male

 Recommended for age:
Above 20 years





Booking Process on Web

The screenshot shows a web-based booking interface for 'THE WELLNESS CORNER'. The top navigation bar includes the logo, location 'Bengaluru', dashboard access, and a user profile 'Hi, Test'. The main content area is divided into two main sections: 'Select Patient' on the left and 'Selected Package' on the right.

Select Patient: A card displays the selected patient details: 'Test SoftwareAG' (Male, 34), email 'softwareag@truworth.com', and phone '9828285550'. Buttons for 'Add New Patient' and 'Next' are present.

Selected Package: A card shows the chosen package: 'Center Visit Package For Male', which 'Included 65 Parameters' and requires 'Fasting Required'. It also displays the 'Total amount' as ₹ 0.

Below these sections are two additional buttons: 'Select Lab | Date And Time' and 'Confirm Details'.

Booking Process on Web

The screenshot shows a web-based booking interface for 'THE WELLNESS CORNER'. At the top, there's a header with the logo, location 'Bengaluru', dashboard access, and a user profile for 'Hi, Test'. The main area has two main sections: 'Select Patient' (which is completed) and 'Select Lab | Date And Time'. Under 'Select Lab | Date And Time', a patient named 'Test SoftwareAG' is selected, showing details: Male, 34; Email: softwareag@truworth.com; Phone: 9828285550; Address: Atulaya Healthcare, H.No. 11, Sector 11-A, Sector 11, Chandigarh, 160011, Chandigarh, Panjab (160011); and Date/Time: May 27, 2023, (08:30 AM - 09:30 AM). To the right, a 'Selected Package' section displays 'Center Visit Package For Male' which includes 65 parameters and requires fasting. The total amount is listed as ₹ 0.

THE WELLNESS CORNER

Location Bengaluru | Dashboard | Hi, Test | software*

Select Patient

Select Lab | Date And Time

Test SoftwareAG
Male, 34
✉️ softwareag@truworth.com ☎️ 9828285550
📍 Atulaya Healthcare, H.No. 11, Sector 11-A, Sector 11, Chandigarh, 160011, Chandigarh, Panjab (160011)
⌚ May 27, 2023, (08:30 AM - 09:30 AM)

Next

Confirm Details

Selected Package

Center Visit Package For Male
Included 65 Parameters
Fasting Required

Total amount ₹ 0

Booking Process on Web

THE WELLNESS CORNER

Location Bengaluru | Dashboard | Hi, Test  software[®]

Select Patient 

Select Lab | Date And Time 

Confirm Details

Test SoftwareAG
Male, 34
✉ softwareag@truworth.com ☎ 9828285550
📍 Atulaya Healthcare, H.No. 11, Sector 11-A, Sector 11, Chandigarh, 160011, Chandigarh, Panjab (160011)
⌚ May 27, 2023, 08:30 AM – 09:30 AM

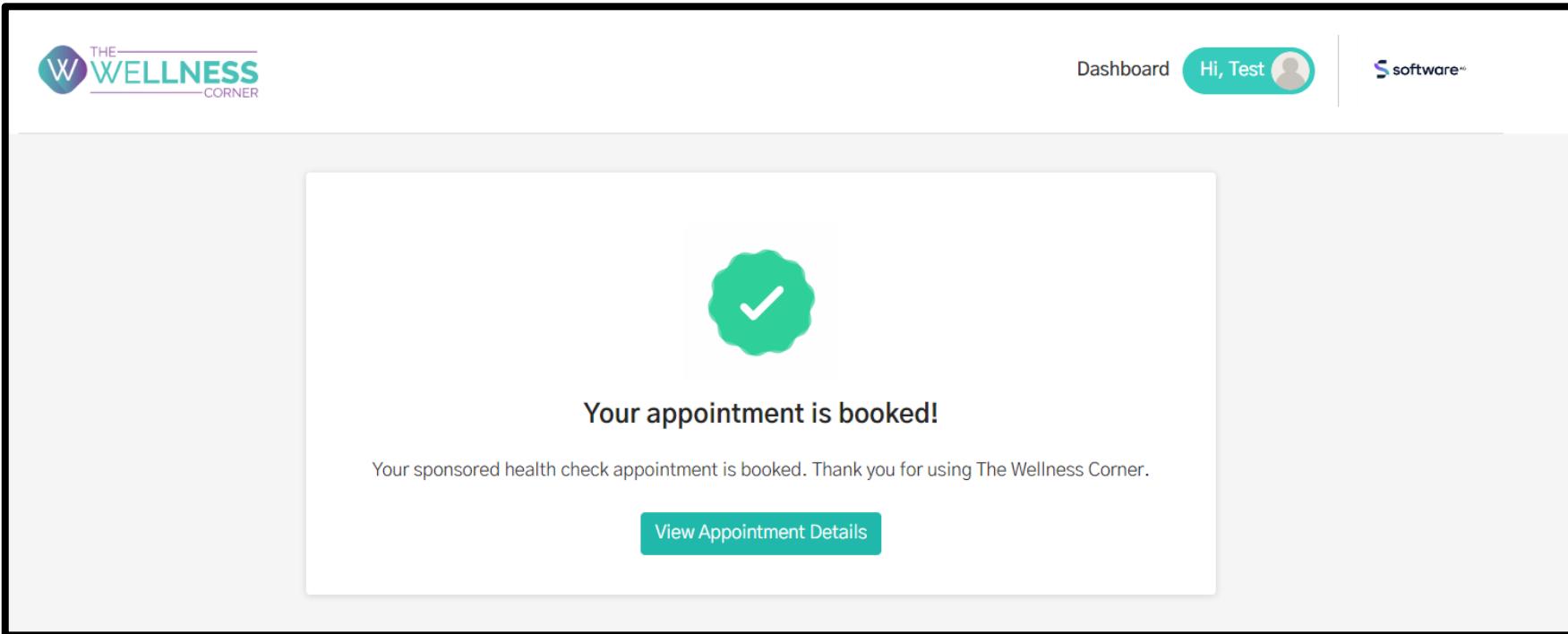
Selected Package
Center Visit Package For Male
Included 65 Parameters
Fasting Required

 **Total amount** ₹ 0

Total Payable ₹0

Confirm

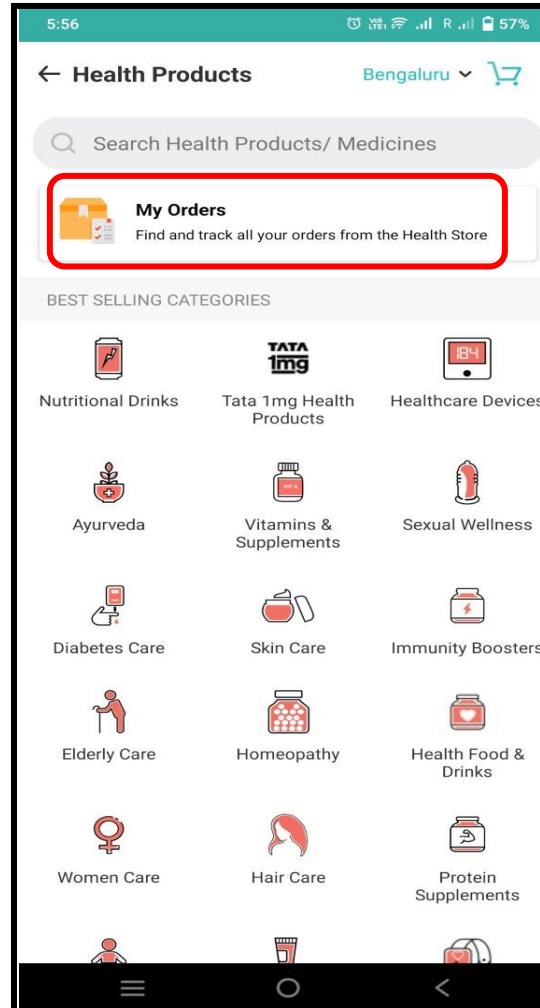
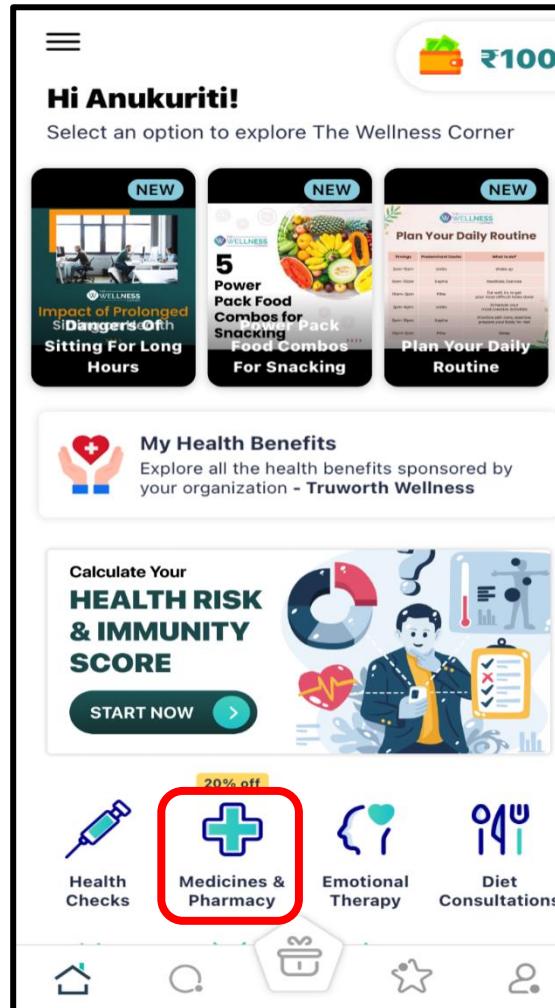
Booking Process on Web



Package Details

Male	Female
65 parameters	66 parameters
Rate Per Emp for Common- INR 3849	Rate Per Emp for Common- INR 3849
Hematology	Hematology
CBC with ESR	CBC with ESR
Hemoglobin	Hemoglobin
Diabetes Profile	Diabetes Profile
Fasting Blood Sugar	Fasting Blood Sugar
Post Prandial Blood Sugar (PPBS)	Post Prandial Blood Sugar (PPBS)
Lipid Profile	Lipid Profile
Total Cholesterol	Total Cholesterol
HDL Cholesterol	HDL Cholesterol
LDL Cholesterol	LDL Cholesterol
VLDL Cholesterol	VLDL Cholesterol
HDL/LDL Ratio	HDL/LDL Ratio
Serum Triglycerides	Serum Triglycerides
Liver Function Tests	Liver Function Tests
Total Protein	Total Protein
Albumin, Globulin	Albumin, Globulin
SGOT	SGOT
SGPT	SGPT
Kidney Function Tests	Kidney Function Tests
Serum Creatinine	Serum Creatinine
Bun (Blood Urea Nitrogen)	Bun (Blood Urea Nitrogen)
Serum Uric Acid	Serum Uric Acid
Routine Urine Analysis (RUA)	Routine Urine Analysis (RUA)
Thyroid Profile	Thyroid Profile
T3	T3
T4	T4
TSH	TSH
Others	Others
Chest X-ray	Chest X-ray
ECG	ECG
USG - Abdomen & Pelvis	USG - Abdomen & Pelvis
TMT / 2D Echo	TMT / 2D Echo
Consultation	Consultation
Physician Consultation	Physician Consultation
PSA	PAP Smear Gynec Consultation

Homepage – Medicines & Pharmacy



Under “Order Medicines” tab, you will be able to order Medicines and various Health & Wellness Products on **special discounted rates**

One can also purchase Vitamins & Supplements, at Home Vaccinations, Wearables, Fitness Bands, Healthcare Monitoring Devices, Ayurveda & Homeopathic Medicines, Women Care Products, Nutritional Drinks, Diabetes Care Products, Nebulizers & Vaporizers, Heating Aids, Protein Supplements, Health Drinks, Sanitizers & Hand washers and more...

All your past or current orders will be displayed under the “**My Orders**” tab

Homepage – Wellness TV

The image displays two screenshots of the Truworths Wellness app's homepage. The left screenshot shows a grid of service icons: Health Checks, Medicines & Pharmacy (with a 20% off offer), Emotional Therapy, Diet Consultations, Ask a Doctor, and Wellness TV (which is highlighted with a red box). Below this is a promotional banner for SRL Diagnostics offering 50% off on a full-body health check package. The right screenshot shows the 'Wellness TV' tab, which lists recently uploaded wellness sessions. One session is highlighted with the title 'IT TAKES ONE TO KNOW ONE: UNDERSTANDING ANXIETY, DEPRESSION AND ANGER.' Below this is a 'Browse By Category' section with thumbnails for Yoga, Strength, Nutrition, and Mindfulness.

Under the “**Wellness TV**” tab, one will have to access to plethora of Videos pertaining to Physical and Mental Health

Unlimited access to various sessions usually conducted on weekly basis

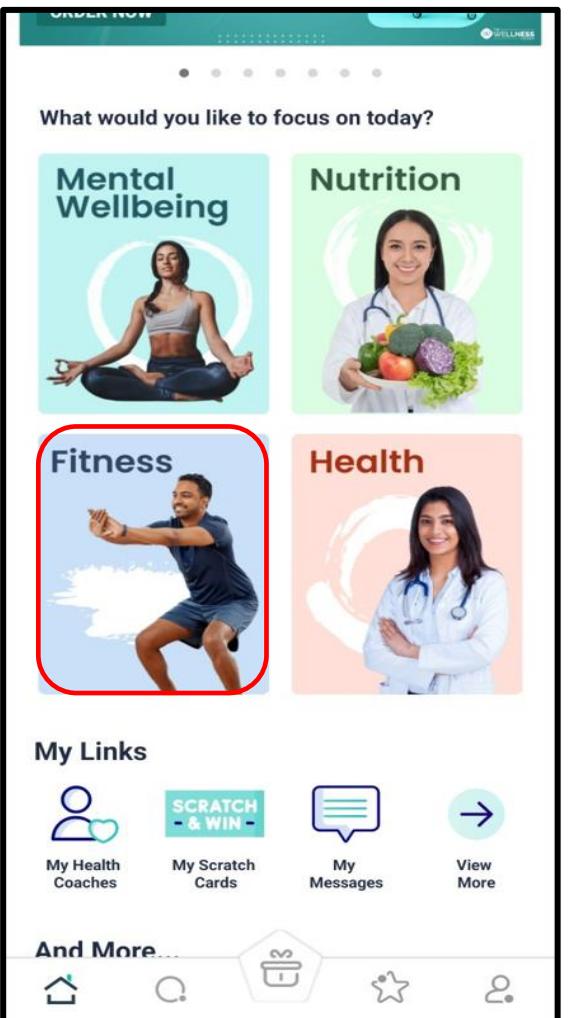
- Yoga
- Mental health
- Nutrition
- Fitness
- Covid awareness
- Health awareness
- And much more....

Homepage – Guided Wellness Programs

The screenshots illustrate the guided wellness programs feature within a mobile application. The left screenshot shows a grid of icons for various services, with the 'Guided Wellness Programs' icon highlighted by a red box. The right screenshot shows a detailed view of the guided wellness programs section, featuring banners for different programs like 'Beat Hypertension' and 'Mastering Mindfulness'.

'Guided wellness programs' help you develop healthy behaviors through daily tasks and information that enable you to achieve your desired health goals.

Homepage – Fitness



Workout Sessions

Start working out with sessions and add burnt calories directly to your exercise tracker

Yoga, Strength, Dance Fitness, and Cardio.

Assess your Fitness

Evaluate your fitness by taking these assessments created by our experts

Physical Activity Readiness Questionnaire (PAR-Q)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more...

Hello Vibhuti!

Resources to manage your fitness

Steps: 3097 →, Calories Burned: 118 Cal →, Weight: 0 kg gained →

Track your Exercise

Explore Fitness Options

- Online Personal Training**
The personal training packs offer you live one-to-one sessions with our fitness instructors right from the comfort of your home.
- Gyms and Fitness Centers**
Discover and experience workouts at the best fitness centers near you!

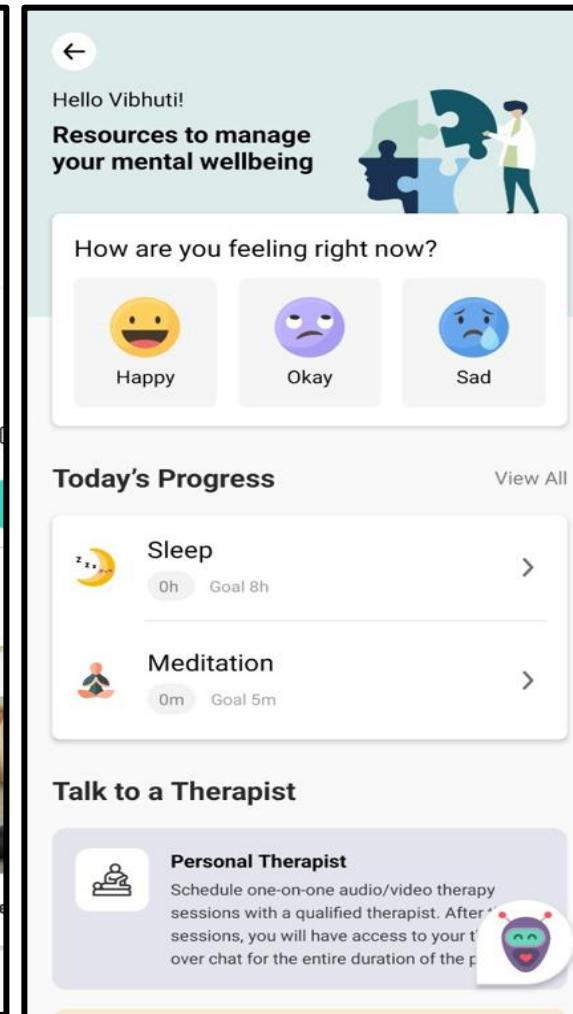
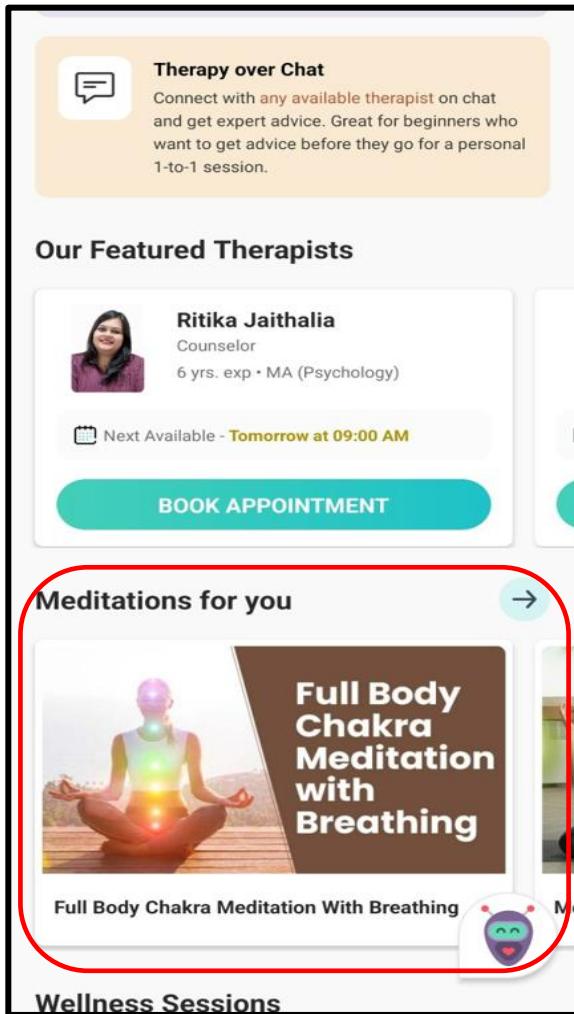
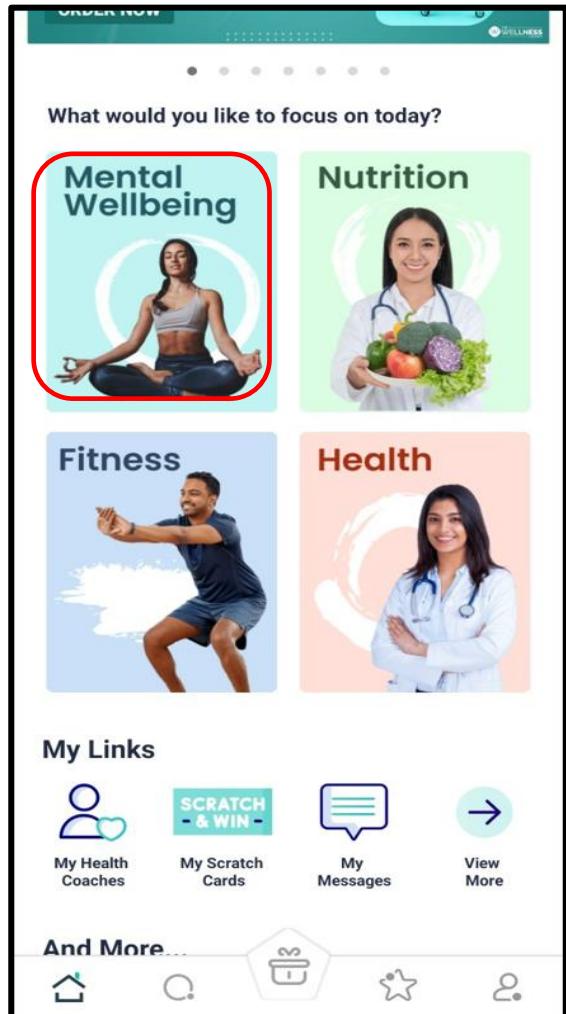
Workout Collections

Fitness

Under 'Fitness' Tab you will be able to explore various sections to track your fitness journey such as

- Workout collections
- Online Personal Training (on discounted rates)
- Exercise Tracker
- Gyms and Fitness Centers (on discounted rates)

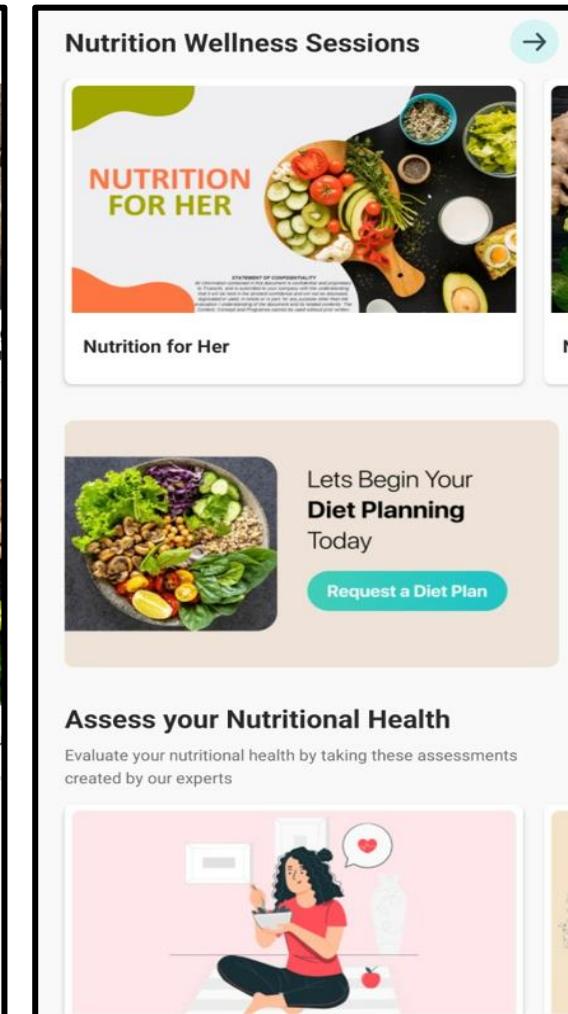
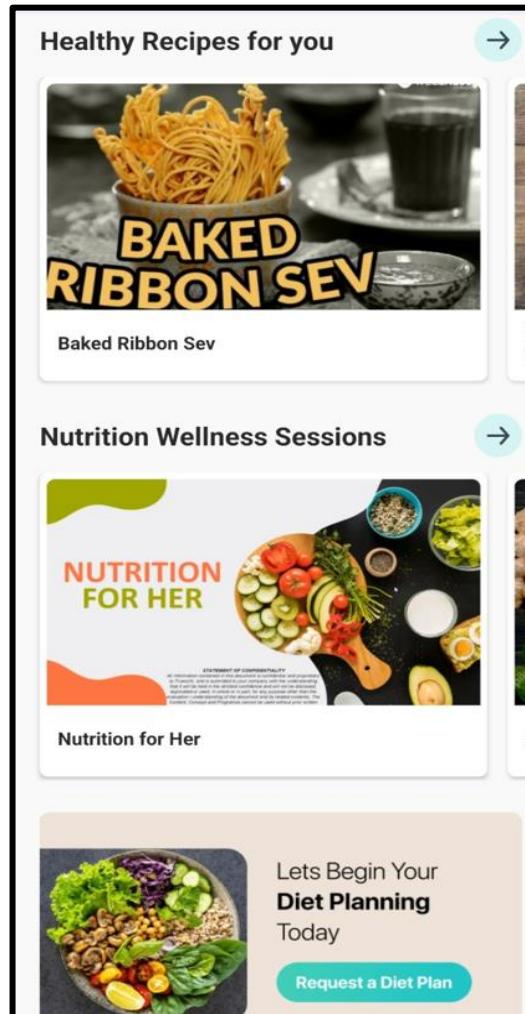
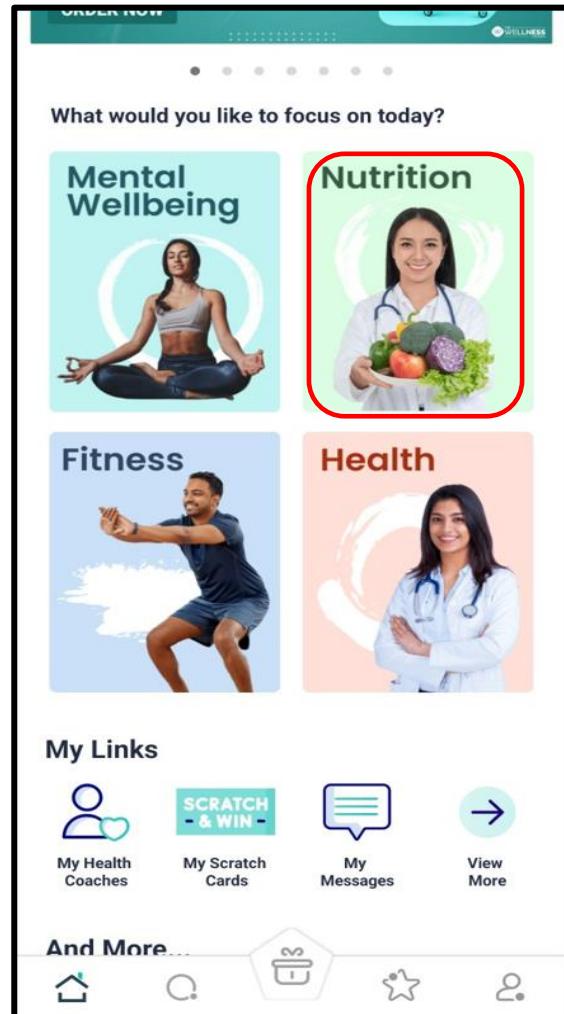
Homepage – Mental Wellbeing



Under '**Mental Wellbeing**' Tab you will be able to explore various sections to track your emotional wellness such as

- Mood Tracker
- Guided Meditation Tools

Homepage – Nutrition



Under 'Nutrition' Tab you will be able to explore various sections for Diet and Nutrition such as

- Calorie Tracker
- Healthy Recipes
- Talk to a Nutritionist (On discounted rates)

Homepage – Discover

The image shows two screenshots of the Truworth Wellness app. The left screenshot displays the main homepage with various service links like My Health Coaches, Scratch & Win, My Schedule, and a 'View More' button. It also includes sections for Fitness (Workout Collections, Online Personal Training, Track Your Exercise, Gyms & Fitness Centers), Mental Health (Assess Mental Wellbeing, Meditations, Talk to a Therapist, Guided Therapy), Nutrition (Track Your Calories, Talk to a Nutritionist, Request a Diet Plan, Healthy Recipes), and a 'And More...' section with a 'What's New' button highlighted by a red box. The right screenshot shows the 'Discover' section under 'Assessments & Reports', featuring cards for Health Risk Assessment, How Good Is Your Anger Management?, How Anxious Are You?, Are You Feeling Stressed?, How is your Sleep Quality?, Is your Digestive System Healthy?, Are You Depressed?, and PCOS Self Assessment.

Under the “Discover Section” tab, one will be able to see the following:

Self Help Assessment & Reports

- Anger
- Stress
- Depression
- PCOS
- Sleep
- Digestive system

And Many More....

You can also join various knowledge hubs called circles to view suggestions from experts

Please note that all the data and responses are kept confidential, and your information is kept safe as per the confidentiality policy

Homepage – Upcoming Events

The image displays two screenshots of the Truworth Wellness app's homepage and an event detail screen.

Left Screenshot (Homepage):

- Header:** And More... (with a red box around it), ₹500 Cashback, What's New.
- Icons:** Habits & Reminders, Refer & Earn, Get Coupons & Discounts, Discover.
- Section: Upcoming Events**
 - Check out all the ongoing & upcoming events from your circles.
 - Event Preview:** EXERCISE HACKS FOR BEGINNERS (On 16th June 2022, 3:00 PM (IST) by Shuvashish Mukherjee, Fitness Expert). This preview is also shown in a larger box below.
 - Details:** THU, JUN 16 AT 3:00 PM, Exercise Hacks for Beginners, ONLINE EVENT, 29 people going.
 - Ongoing Challenges:** YOGA Challenge (The Wellness Corner Circle).
- Bottom Navigation:** Home, Search, Notifications, Profile.

Right Screenshot (Event Detail Screen):

- Header:** Event, EXERCISE HACKS FOR BEGINNERS.
- Details:** On 16th June 2022, 3:00 PM (IST), Shuvashish Mukherjee, Fitness Expert.
- Event Preview:** Exercise Hacks for Beginners, ONLINE EVENT, 29 people going.
- Timeline:** Starts On Thu, Jun 16 at 3:00 PM, Ends On Thu, Jun 16 at 3:30 PM.
- Description:** The weights never get lighter, but some of these hacks can help you move better, enhance your productivity and improve the quality of your next workout.
- Attendance:** Are you going? (checkboxes: GOING, NOT GOING, MAYBE).
- Buttons:** REMIND ME.

Under the “Upcoming Events” tab, one will be able to see the details of all the upcoming Webinars, Live Sessions etc.

From Our Blog – Wellness Blogs

Assess Your Wellbeing

Created by our experts, these assessments can help you evaluate your health risks & understand your lifestyle better

Are You Low On Vitamin-D?

Are You At Risk Of Cancer?

From Our Blog

Check out the latest blogs published by our community of health & wellness experts

Is Water Fasting Safe? The Pros and Cons of This Popular Diet Trend

... . . .

TRUWORTH
wellness

Is Water Fasting Safe? The Pros and Cons of This Popular Diet Trend

2 days ago 5 minute read.

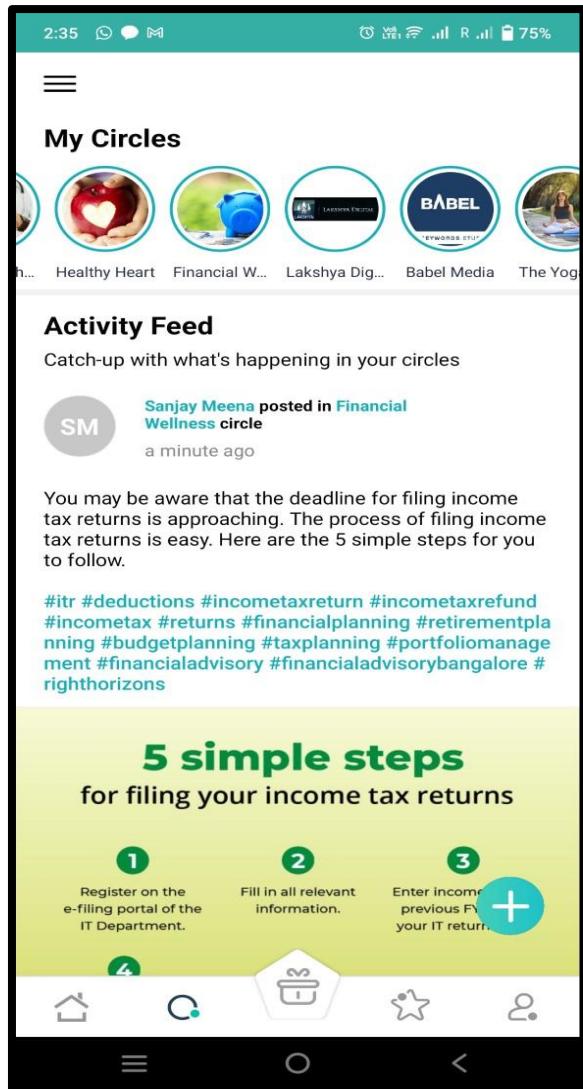
How safe is water fasting? This question comes up a lot, as more and more people adopt the diet trend as a way to lose weight or get healthier.

Although many people have turned to this diet

THE WELLNESS CORNER

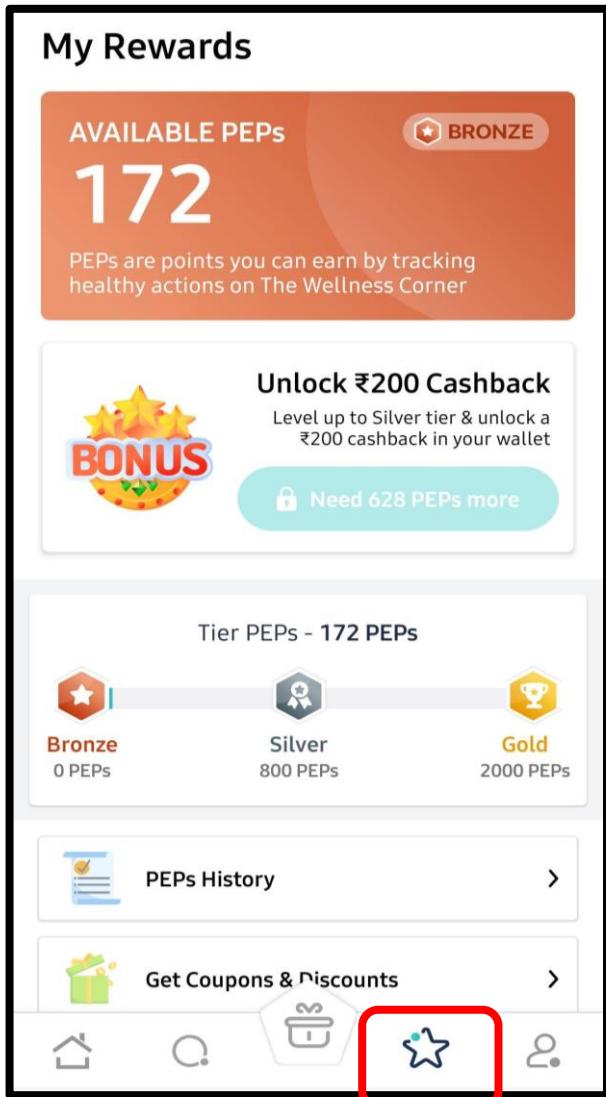
Under the “**From Our Blog**” tab, one will be able to see the latest blogs published by health and wellness experts.

My Circles



Under the “**My Circles**” tab, you will be able to see all the Knowledge Circles that you have joined.

My Rewards Page



Click on '**My Rewards**' (star icon) to view your Performance enhancement points

Earn points for the healthy actions taken on the app and convert them into coupons, rewards and Cashbacks

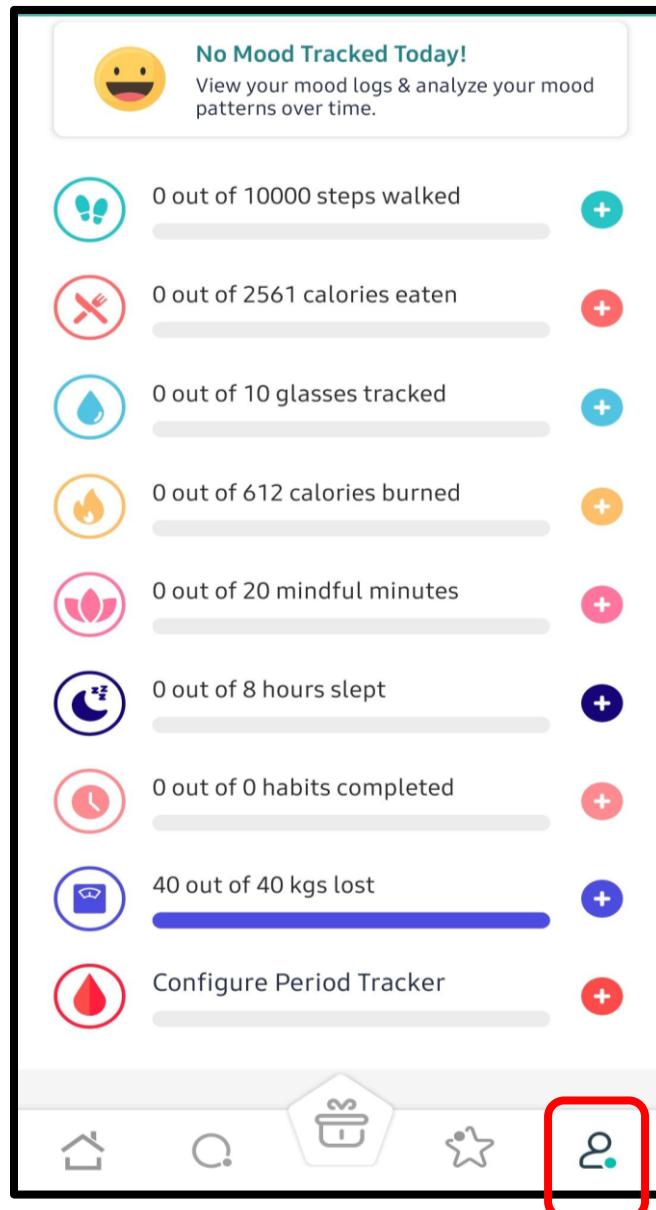
Take the Health Risk Assessment (HRA)

The collage consists of five screenshots from a mobile application:

- Screenshot 1:** Home screen with a greeting "Hi Anukuriti!", a balance icon showing ₹100, and a menu icon. It features three cards: "Impact of Prolonged Sitting For Long Hours", "5 Power Pack Food Combos for Snacking", and "Plan Your Daily Routine". Below these are sections for "My Health Benefits" and "Calculate Your HEALTH RISK & IMMUNITY SCORE". A red box highlights the user profile icon at the bottom.
- Screenshot 2:** An illustration of a person holding a smartphone with a checklist, surrounded by icons related to health and fitness. Below it, text reads: "You will be taken through a short assessment to help you gain insights into your health, lifestyle, & immunity risks." A red box highlights the "BEGIN ASSESSMENT" button.
- Screenshot 3:** A section titled "EXERCISE IN A WEEK?" showing a woman doing yoga. Below it is a slider for selecting days of exercise (3, 4, 5, 6, 7) with "CONTINUE" buttons at the bottom.
- Screenshot 4:** A section titled "Select your DESIRED WEIGHT" showing a woman standing in front of a mirror. A slider shows "60 kgs" with "CONTINUE" buttons at the bottom.
- Screenshot 5:** An illustration of a person holding a smartphone with a checklist, surrounded by health-related icons. Below it, text reads: "Complete the required actions to unlock this section". It includes a checkmark icon, a lock icon, and buttons for "Calculate Your Health Risk & Immunity Score" and "Set Your Lifestyle Targets".

Click on last icon on app 'My Zone' to take up the Health Risk Assessment, answer a set of questions and receive your health risk grade and lifestyle report

My Zone

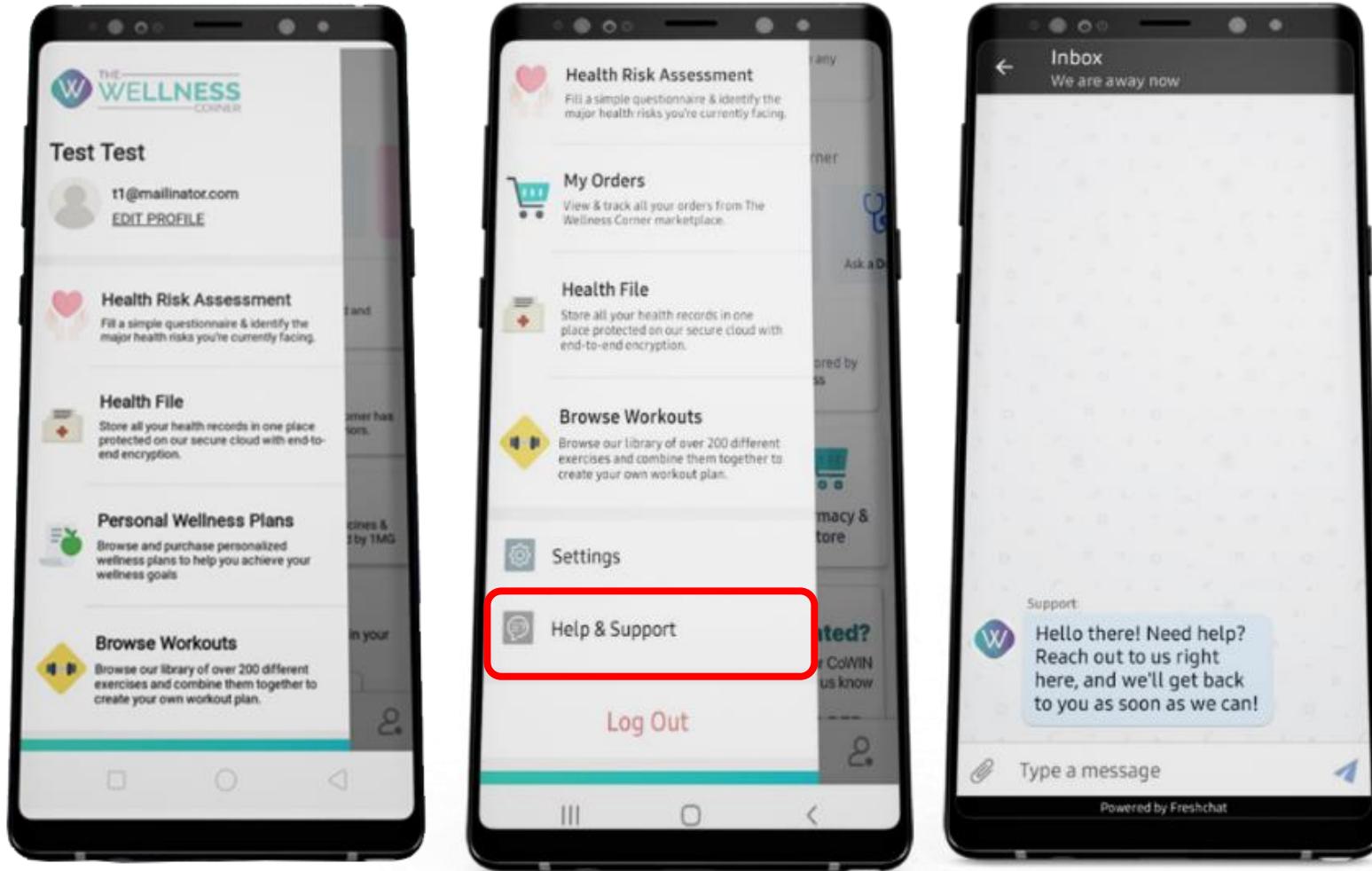


Once you complete HRA you will have access to My Zone page.

Under “**“My Zone”** tab, one will have the following options:

- Set a Wellness Goal
 - Steps Tracker
 - Calorie Tracker
 - Water Tracker
- Calories Burnt Tracker
 - Sleep Tracker
 - Habit Tracker
 - Weight Tracker
- Mindful Minutes Tracker

Menu Tab – Settings



Click on the menu icon to edit your profile, log out, & seek Help & support

Click on the '**Help and support**' option available on the menu tab to chat with The Wellness Corner support team or write to support@thewellnesscorner.com

Escalation Matrix

Level	Role	Name	Email ID	Contact No	Schedule
L1	Operational Level (Day-to-Day Operations) Highly Interactive	Chat Support via The Wellness Corner App	Accessible through Help & Support tab on the App	TWC App	Monday to Saturday: 8 am to 6.00 pm
L2	Operational Level (Day-to-Day Operations) Highly Interactive	Customer Support	Support@thewellnesscorner.com	9875-00-1234	Monday to Saturday: 8 am to 6.00 pm
L2	Operational / Frequently Interactive	Shilpa Panwar	shilpa.panwar@truworthwellness.com	+91-98281-18402	Monday to Saturday: 9.00 am to 6.00 pm
L3	Service Delivery Issue / Strategic Level	Vishakha Maheshwari	vishakha.maheshwari@truworthwellness.com	NA	Monday to Friday: 10.00 am to 7.00 pm
L4	Strategic Review and Commercials Level & Highest Level of Escalation	Dhiraj Agarwal (COO)	dhiraj.agarwal@truworth.com	NA	Monday to Friday: 10.00 am to 6.00 pm

THANK YOU!

For queries write to
support@thewellnesscorner.com



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