

WELLNESS WAY 4 U ECOSYSTEM

..... LIFE ko de NAYA ANDAAZ

An innovative model to help Corporate employees PLAY their WAY to WELLNESS

Unique Drivers

- Understanding the current Wellness needs.
- Moving away from the realm of mere consultation-Instead provides a 360 degree view of one's Wellness & adds the ZING factor to Wellness Management
- **Wellness & Health related GAMES & GAMIFICATION as well as SOCIAL** process for an interactive approach to Wellness , which can get EMPLOYEES EXCITED & MORE PROACTIVE towards their Wellness management.
- **Incentive & Reward** administration.



Assessment & Awareness service

Interactive & Engagement Services

Incentives

Basic Model- www.wellnessway4u.com

An insight into one's current Lifestyle & routine to help BUILD a CONSCIOUS LIFESTYLE through

MY WELLNESS TRACKER for Food, Activity & Emotions -Tracking on a day-to-day basis. Also avail comprehensive reports on the same

For more details :

<http://www.wellnessway4u.com/uploads/ww4upresentation1.pdf>

- **GAMES & CONTESTS** to create a **Competitive, Educative & Entertaining** format to learn about health & wellness factors. The Driver for building a conscious Lifestyle , all synced with the tracker.
- **GAMIFICATION & SOCIAL**-Process to provide the **levels of achievement as well as leverage power of Social Mechanics to encourage healthy competition**
- **TOOLS & RESOURCES** for Individuals to **guide them on the path to Wellness.**

More details on request

REWARDS & INCENTIVE Schemes accrued to employees through tracker updation & winning the games, to acknowledge the levels of achievement by Individuals on the path to Wellness.

These would be as per Corporate's HR strategy or sponsors.

The above Modules can be customized & designed as per Corporate's specific requirements.

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THE WELLNESS PARADIGM

