

PERSONALIZED EMPLOYEE WELLBEING DELIVERS SIGNIFICANT SAVINGS

INNOVATIVE SOLUTION EMBRACED BY HIGH-RISK EMPLOYEES AS FIRST-STEP TO IMPROVE HEALTH

Desk Yogi is a modern workplace wellness solution that provides fitness, mindfulness, nutrition and stress-reduction sessions, online, right at their desks, whenever they need a break.

SCENARIO

A large insurance company had implemented several wellbeing initiatives with relatively low adoption. Especially troubling was the fact that they had been unsuccessful in engaging their high-risk employee population. The company wanted a wellness program that would benefit every employee, regardless of their experience or level of fitness.

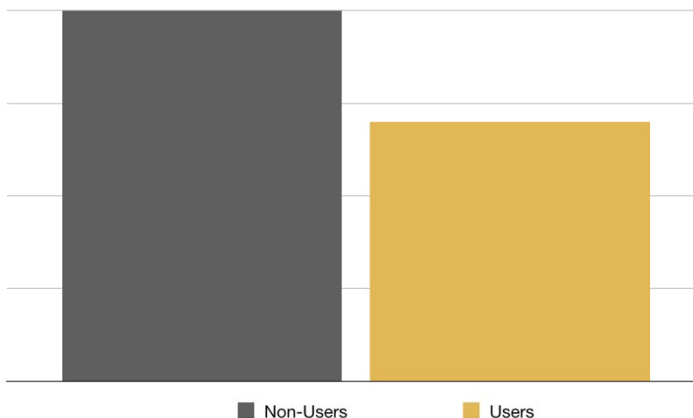
SOLUTION

The company enlisted the help of Desk Yogi due to their breadth of content and short-form approach. Every employee was provided a private and personalized platform to address their individual wellbeing goals. Using curated playlists and monthly challenges, each employee could begin their own personal wellbeing journey by watching short, 3-5 minute videos that were instructional, informative, and educational. Employees could self-select videos that were appropriate for their current knowledge and skill level and targeted their personal goals.

Private & Personalized Experience	Short-form Content	Designed For All Skill Levels
Each employee receives curated playlists and custom reminders	Each video and audio session is 3-5 minutes, making it easy to fit into a busy workday	A wide breadth of topics for beginner to expert skill levels

RESULTS

Average Medical Costs: Desk Yogi users spent 9% less on average^a



^aData is based on 12 months of data collected from 2015-2016. Only benefits eligible employees are included.

