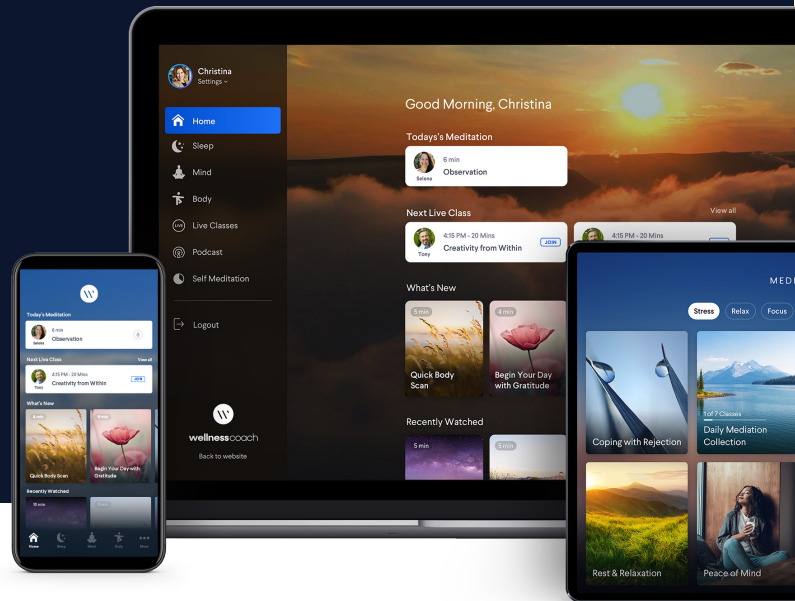


Together we can reduce stress and anxiety

Live, interactive, and on-demand data-driven wellness platform for your workplace.



Experience life-changing benefits



Better Sleep



Increased Energy



Improved Concentration



Heightened Self-Awareness



Stronger Relationships



Reduced Stress

Why Wellness Coach?

Daily Live Classes

Live classes that allow users to connect with doctors and experts in real-time.

Mind, Body, Sleep

On-demand access to guided meditations, workout videos, sleep music, and more.

World Renowned Coaches

Our coaches have taught at Apple, Google, IBM, Columbia, Morgan Stanley, and many more.

Multi-Platform

Our app is available on all these platforms: iOS, Android and web.

Employee Wellness Index (EWI)

Ongoing usage data and insights on the team's needs based on their actual activity.