

HEALTHKICK

# Whole-Person Mental Health Support

Mental health isn't just a buzzword – it's essential for your overall well-being. While many factors affect our mental state, it's crucial to recognize and address the root stressors in our lives. Remember, wellness isn't just about managing stress; it's about cultivating an environment for growth, happiness, and fulfillment. We understand everyone's journey to well-being is unique. That's why HealthKick offers a [comprehensive range of wellness offerings](#) to help address and support what may be causing stress.



## BEYOND MENTAL HEALTH APPS... WELLNESS FOR EVERYBODY



From physical and spiritual well-being, nutrition, and finance, to stress management, parenting, preventative care, and lifestyle coaching – we've got employees covered. We aim to empower your team to lead a healthy, happy lifestyle. Check out a snapshot of our [250+ partners](#) on the HealthKick platform below!



sweat



thrive



nourish



groom

 classpass

 betterhelp

 HELLO FRESH

 STYLEBEE

 BARRY'S

 Insight Timer



HOME CHEF

 zeel

Massage On Demand®

 SWEAT

 penny finance

 FACTOR

 CUCCIO™  
somatology  
TOTAL MIND & BODY FITNESS

 SOULCYCLE

 MOMMY GROOVE

 Wonderfully Made  
NUTRITION

 VITAL TONICS

 FLEXIT™  
Wherever. Whenever.

 SimpliFed

 PLATEJOY

 HigherDOSE

➤➤➤ [Read Our Blog](#) Beyond Mental Health Apps: A Whole Person Approach to Employee Wellness

# Find their feel-good.

*There's more to mental wellness than just therapy, mindfulness and meditation, Employees can explore HealthKick's resources to discover methods that cater to their individual needs.*

## Fitness



Regular exercise helps the body learn to better cope with stress over time and improves mood and self-esteem. Research has found that those who got the equivalent of 2.5 hours of moderate physical activity per week were 25% less likely to develop depression compared to those who didn't exercise at all. A [HealthKick member survey](#) found that engaging in fitness to reduce stress was a top motivator for employees to exercise. That's why we provide access to everything from in-studio and virtual classes to 1:1 training and on-demand, so employees can fit in a workout on their schedule.

## Nutrition



Eating a well-balanced diet helps the brain think clearly, remain alert, and improve concentration. Food and weight loss, have a huge impact on mental wellness and its association with common mental health conditions, especially anxiety, and depression. HealthKick's Nourish partners and nutrition coaches make it easy for employees to develop healthy eating habits and fit nutritious foods, nourishing meals, and healthy supplements into their busy daily lives.

## Financial Wellness



Money problems and mental health issues are intrinsically linked, according to the Money and Mental Health Policy Institute, 46% of people with debt also have a mental health diagnosis. By leveraging [HealthKick's financial wellness experts](#) and insightful resources, they can lessen their financial stress and improve mental health through education, expert guidance, and financial literacy.

# Whole-Person Mindset is Key

*Despite investing more in wellness benefits, employers continue to struggle with high-cost, complex solutions that yield low engagement.*



## Relaxation & Self-Care

Relaxation is vital when it comes to taking care of your mental well-being as it allows your mind the chance to switch off. Physical treatments, like massages and skin-nourishing treatments like exfoliation, can help you to feel comfortable in your own body and improve self-confidence. Self-care outpaced managing stress as a top member goal for 2023, noting the effect it has on not only their physical health but also their mental well-being and happiness.

## Injury Recovery



Physical injury and mental health are closely linked. A serious injury can cause anxiety and depression while reducing mobility and lessening socialization with other people. A study by BeyondBlue reported that after a traumatic injury, 1 in 3 people experience depression. HealthKick provides access to recovery services like physical therapy, massage devices, stretching, infrared sauna, and cryotherapy that not only help improve physical health after an injury but one's mental health as well.



## Parenting & Family Planning

As new and working parents, challenges like maintaining work-life balance, avoiding burnout, and ensuring career progression can feel overwhelming at times. Many studies have found caregivers often experience more depressive symptoms compared to those who aren't in caregiving roles. HealthKick provides resources to support employees as they plan for a family and while they are in the midst of their parenting journey, ensuring they feel empowered to thrive.

# HEALTH KICK

*Prioritize Their Well-being Today and Everyday*



HealthKick's wellness benefits platform delivers personalized access to a curated partner ecosystem of over 250 health, fitness and wellness solutions, streamlines benefits navigation and manages wellness benefits spend, so employers can seamlessly meet the unique wellness needs of their diverse workforce.

HealthKick delivers wellness for everybody, where employees can discover wellness activities that move them, with personalized recommendations and expert resources tailored to their unique lifestyle.



➤➤➤ [Click Here](#) to Connect with Our Team