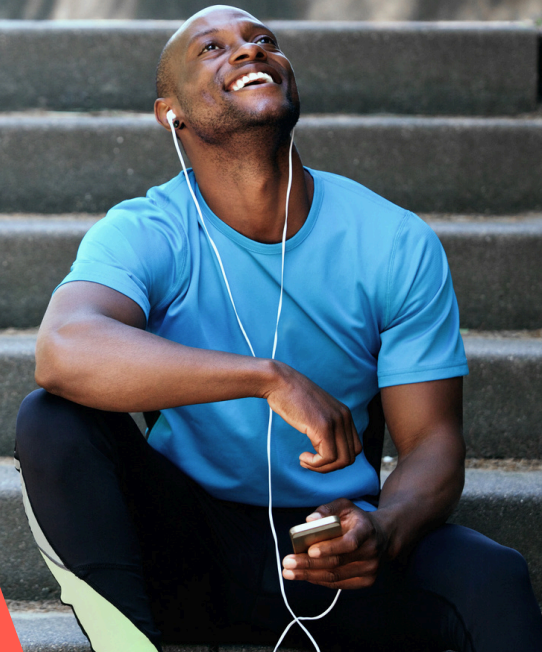


HEALTHKICK

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 you stress.



LOOK BEYOND MENTAL HEALTH APPS

From physical and spiritual well-being, nutrition, and finance, to stress management, parenting, preventative care, and lifestyle coaching – we've got you covered. Our goal is to empower you to lead a healthy and happy lifestyle for the long term. Check out a snapshot of our 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

 Explore More Brands

Find Your Feel-Good

There's more to mental wellness than mindfulness and meditation – Explore HealthKick's resources to discover diverse methods that cater to your 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 recent HealthKick member survey found that engaging in fitness to reduce stress was a top motivator for employees to exercise.



Nutrition

Eating a well-balanced diet helps the brain think clearly, remain alert, and improve concentration and attention span. New studies are shining light on the impact of food on mental wellness and its association with common mental health conditions, especially anxiety, and depression. HealthKick's Nourish partners make it easy for employees to fit nutritious foods, delicious, nourishing meals, and healthy vitamins and supplements into their busy daily life.



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 resources, you can help lessen your financial stress and improve mental health by educating yourself and learning financial management skills and behaviors.

Whole-Person Mindset is Key

Mental health is all about the state of your mind. When we talk about good mental health, it's not just about navigating life's ups and downs, but truly feeling a sense of well-being, confidence, and self-worth.



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. Having access to recovery services like physical therapy, massage devices, stretching, infrared sauna, or cryotherapy can not only improve physical health after an injury but one's mental health as well.



Parenting & Family Planning

As working parents or caregivers, challenges like maintaining work-life balance, avoiding burnout, and ensuring career progression can feel overwhelming at times. It's notable that many studies have found caregivers often experience more depressive symptoms compared to those who aren't in caregiving roles. HealthKick provides resources to support you in these roles, ensuring that you feel empowered to thrive.



HEALTH KICK

Prioritize Your Well-being Today and Everyday



Our comprehensive platform offers personalized, easy access to 250+ top health and wellbeing brands, enabling all employees to find their feel-good. Discover wellness activities that move you, with personalized recommendations and expert resources tailored to your unique lifestyle. We stay on top of fast-moving trends to curate classes, services, and products, so that you can find the brands you love and be moved to explore new habits.

Life can throw us curveballs, and it's okay to seek extra support. HealthKick partners are here to help you manage stress, anxiety, and the complexities of change. Lean on them to find your way and move confidently forward.



Activate Your Account



[Enroll in HealthKick](#)
www.health-kick.com