

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.



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 your employees to lead a healthy and happy lifestyle for the long term. Check out a snapshot of our 250+ partners on the HealthKick platform below!



sweat



thrive



nourish



groom

classpass

talkspace

HELLO FRESH

STYLEBEE

corepower
YOGA



AURA

HOME CHEF

zeel

Massage On Demand®

SWEAT

InsightTimer

FACTOR

CUCCIO
somatology
TOTAL MIND & BODY FITNESS

SOULCYCLE

SimpliFed

Wonderfully Made
NUTRITION

VITAL
TONICS

FUTURE

coa

FITMATE

HigherDOSE

Find Their Feel-Good

There's more to mental wellness than 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 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 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 can not only help 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 employees in these roles, ensuring that you feel empowered to thrive.



HEALTH KICK

Prioritize Their 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. They can discover wellness activities that move them, with personalized recommendations and expert resources tailored to their 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.

HealthKick delivers wellness for everybody, so employers can seamlessly meet the diverse wellness needs of their global workforce with benefits uniquely designed for each individual.



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