

Wellness is integral to the fabric of the organization

HealthKick's wellness benefits platform supports the implementation of workplace well-being initiatives as well as a diverse list of company ERGs and affinity groups, DEIB initiatives, culture-building committees, corporate social responsibility and learning and development.



DEIB and Wellness are Interconnected

Corporate culture and well-being are fundamentally connected and as such, employers must continue to invest in solutions designed to improve the well-being of their employees. However, these efforts must be guided by a desire to ensure wellness is equally accessible to and considers the needs of everyone.

««« Diversity »»»

Employees have their health and wellness needs looked at as diverse individuals not as one population in the organization

««« Equity »»»

No single group has easier access to its benefits and wellness programs than any other within the company

««« Inclusion »»»

Everyone's wellness needs are given the same weight and consideration when designing a corporate wellness program.

««« Belonging »»»

The degree to which employees feel the program was designed with their needs in mind and with an equal concern for their well-being.

◀◀ New Diverse Partners ▶▶

HealthKick takes a holistic approach to employee wellness with offerings across physical and spiritual well-being, nutrition, finance, stress management, parenting, preventative care, lifestyle coaching, and more to empower healthy lifestyles for the long term. We are building the most diverse wellness benefits hub across the full well-being continuum to meet the unique needs of your diverse workforce. Check out some of our newest partners!

Paloma

Thyroid Health

FLEX PHYSICAL
THERAPY

Musculoskeletal Medicine

AUDICUS

Hearing Health

OOVA

Fertility Tracking

EVRYMAN

Men's mental wellbeing

**penny
finance**

Women's Financial Planning

Base

At-home Lab Testing

THIRTY MADISON

Specialized Telemedicine

January₁

AI-based Metabolic Health

Ether
BLUM
MS, RD, CDN, CNS

Menopause coach

Libbie


EFT Tapping for women of color

coa

Mental fitness

ENDORPHITNESS

Women's Health & Fitness

SPADE TO FORK

Sustainable Gardening

 **DRUCKER WEALTH**
Financial Planning | Wealth Management

Financial Planning

classpass

Access to fitness studios

**MOMMY
—GROOVE—**

Parent Coaching and Therapy


blueberry

Pediatric Telehealth

remedy+
Relax. Perform. Recover.

Performance and recovery

cove

Migraine care products

 **shimmer**

Coaching for adults with ADHD

HealthKick eliminates every barrier that stands in the way of wellness and makes exploring premium brands and expert health and wellness resources and support convenient and affordable for anyone, anywhere, anytime.

◀◀ On-Demand Wellness Library ▶▶

Whether a 5-minute breathwork session between calls, a 30-minute lunchtime financial planning webinar, or a post-work yoga session, HK's on-demand content makes it easy to find what works for you...no matter where you are or what your schedule.



Empowering Your Health Through Food



305 Dance Cardio Class



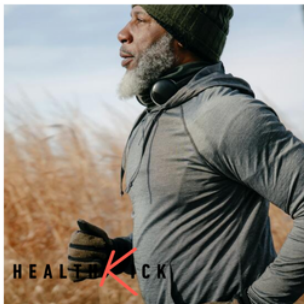
Shut Out Negative Thoughts & Own Your Story



Breathe Your Way to Calm & Peace

◀◀ Private Wellness Webinars ▶▶

We customize experiences that employees will be excited to explore and engage across a broad range of health and wellness topics all from the most inspiring instructors and experts.



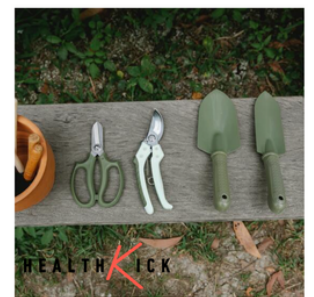
Healthy Aging Workshop



Parenting Panel on Navigating Turbulent Times



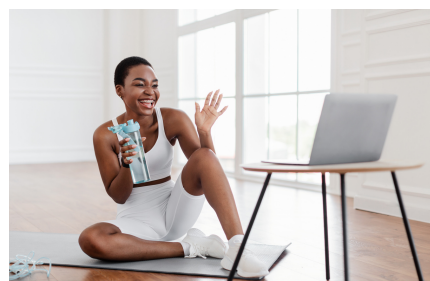
Financial Goal Setting + Planning



Sustainability and Small Space Gardening with

◀◀ Diverse Coaching and Support ▶▶

HealthKick has added even more wellness coaches to the platform increasing the options for personalized expert-guided support for employees' unique wellness journey.



Client Case Studies



VOXMEDIA



THE CHALLENGES

Address wellbeing topics relevant for specific employee groups (i.e. Women's ERG, Parents ERG, etc)

Create community and connectivity among employees experiencing similar challenges

Offering a variety of wellbeing programs that are relevant and accessible to employee demographics such as parenting and caregivers, women's groups, Latinx, and disability groups.



THE SOLUTIONS

Hosted educational workshops led by well-being experts on targeted topics, such as parenting, emotional well-being for caretakers, and financial planning

Facilitated interactive discussions for employees to discuss top-of-mind challenges with post-session coaching support & resources to support their needs.

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Customized wellbeing programs such as Navigating Postpartum Depression, Parenting & Caregiver Support, Psychology of Money, Closing the Wage Gap, and Women's Health classes.

Incorporated speakers and instructors that represent diversity and are diverse in their background, life experience, and their expertise.



TESTIMONIALS

"I received several notes from attendees who spoke about how nice it is to hear they are all not alone in their experiences. Please pass along our gratitude to the instructor." - Samantha Longlade, VP, Human Resources, Tradeweb

"The sessions have been wonderful, we are getting great feedback from employees!" - Robin McNamara, Employee Experience, Vox Media

HEALTH KICK

Help Your Diverse Team Find their Feel-Good



HealthKick can work with your team to leverage the influence and networks of ERGs and culture committees so your company can effectively raise awareness and engage diverse employee communities in wellness initiatives.

This collaborative approach enhances inclusivity, empowers community leaders, and ultimately contributes to a healthier and more supportive work environment.

Traditional benefits are prescriptive and one- or two-dimensional. HealthKick enables diverse employees to discover the practices that work for them across a whole-person wellness continuum encompassing physical, mental, emotional, and financial health. We stay on top of fast-moving trends to curate classes, services, and products, so that employees at industry-leading companies like Bustle, Burberry, and Warner Music Group can find the brands they know and love and be moved to explore new habits.



Connect with Our Team >>>>



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