



**nomergy**  
WELLNESS TECHNOLOGY

# Why are you all here?

Estimated \$15 Billion per year cost in stress related illness to the Australian Economy

We all want to decrease absenteeism because it causes the rest of the team stress and employers money

Improve Productivity... Productivity is often solely human driven, humans are driven by energy levels.

Mental Wellness plays a big role in your work force

Corporate Wellness is here, you will need to offer something to retain and keep employees.

# One Take Away....

## HABIT

# Corporate Wellness

## The Is:

- Wellness is action! Both from the employer and employee
- An engagement program designed to inspire
- It is the a 24 hour a day focus
- It connects your team together where they are and ongoing
- It is fun, rewarding and life changing

## The Is Not's:

- Not thinking what would be good and doing nothing
- Its not a \$2 a week discounted gym membership
- Not 9 -5pm
- Its not Steptember or a Bootcamp once a quarter on its own
- Is not just for the all ready fit

# CREATE A WELLNESS CULTURE IN YOUR WORKPLACE

- BOOST ENERGY LEVELS AND PRODUCTIVITY
- IMPROVE EMPLOYEE CONCENTRATION AND SAFETY
- DECREASE STRESS LEVELS THROUGH MOVEMENT, HEALTHY EATING AND MINDSET TRAINING
- SAVE MONEY ON ABSENTEEISM
- CREATE ONE PLATFORM FOR COMMUNICATION
- ATTRACT NEW TALENT WITH AN ENGAGING WELLNESS PLATFORM
- AUTOMATE YOUR WELLNESS PROGRAMME



YOUR APP, YOUR BRANDING, YOUR TEAM, OUR TECHNOLOGY

**noenergy**  
WELLNESS TECHNOLOGY

# Corporate Wellness

- Create your own wellness program
- Build your own Corporate Wellness App tailored to your business
- Use DNA Testing
- Run fitness challenges
- Connect your work force
- Create habits of living a healthy lifestyle
- Increase the energy levels of our users and our partners.

# Corporate Wellness

The logo for myDNA, with 'my' in blue and 'DNA' in green.

Come see us for a FREE Caffeine Test

Find out how your body responds to caffeine

And how it effects your sleep!

Ask how we can build your wellness program for you!

The logo for nomergy, with 'nomergy' in a large, white, lowercase sans-serif font and 'WELLNESS TECHNOLOGY' in a smaller, white, uppercase sans-serif font below it.